

Specific Competencies and Skills Tested in this Assessment:

First Aid and Basic Emergency Measures

- Administer first aid for burns, cuts, and bites
- Respond correctly to falls and seizures
- Recognize and respond to signs/symptoms of medical emergencies
- Perform CPR and Heimlich maneuver
- Identify diabetic emergencies and take appropriate action



Abbreviations, Terminology, and Client Observation

- Use approved abbreviations and terminology with correct spelling
- Match physician titles with medical specialty areas
- Follow plan of care (nursing/client care plan) as written
- Obtain, record, and report vital signs including weight and pain assessment
- Report and record LOC (level of consciousness)
- Report and record any changes in client condition and report client needs
- Assess and support client and family needs

Employability Skills

- Demonstrate professional behavior and appearance
- Display appropriate work ethics (dependability, initiative, attitude)

Client Care

- Obtain specimens for laboratory tests
- Observe skin for breakdown and report findings
- Apply, and care for clients using, anti-embolic hose and pneumatics
- Assist with prosthetics, walkers, wheelchairs, etc.
- Apply dry dressing to wounds
- Provide hot/cold treatment assistance
- Perform active and passive ROM (range of motion) exercises
- Assist client with coughing and deep breathing exercises

Specific Competencies and Skills continued:**Safety**

- Demonstrate safe/appropriate handwashing techniques
- Identify and report potential safety hazards
- Apply appropriate fire safety principles
- Identify and use appropriate PPE (personal protective equipment)
- Apply universal precautions/standards to handling of body fluids
- Demonstrate knowledge of OSHA requirements
- Demonstrate ability to follow protocol for personal safety

Nutrition and Elimination

- Assist with meal planning, shopping, and food preparation
- Measure/record client intake and output
- Describe special diets used with RN direction
- Assist client with meeting nutritional needs
- Provide care and assistance with elimination needs (toileting, incontinence, enema, ostomy care, bowel/bladder training program, catheter care)

**Positioning**

- Assist client into correct position for procedures
- Position client for various types of toileting
- Follow safety precautions for turning and positioning client
- Identify and safely operate hospital or other specialty beds
- Assist client for comfort using proper body alignment

Client Transfer

- Demonstrate safe client transfer using various assistive devices
- Assist ambulatory client with walking
- Demonstrate proper body mechanics for client and health care workers

Specific Competencies and Skills continued:**Provide Personal Care**

- Make occupied and unoccupied bed
- Give a complete and/or partial bed bath
- Administer bed, tub, and shower shampoo
- Provide foot and nail care
- Provide (or assist with) oral hygiene and/or denture care
- Assist client with ADLs (activities of daily living)
- Provide skin care, including perineal care

**Home Maintenance Management**

- Clean client environment appropriately
- Report unsanitary conditions within the home
- Assist client/family with sanitary environmental practices
- Demonstrate problem-solving behavior

Child Care

- Provide care appropriate to developmental level of the child
- Support family structure
- Report child abuse/neglect

Medications

- Follow prescribed medication plan
- Report deviation from plan
- Report untoward reaction to medications
- Store medications correctly/safely

**Client Rights**

- Support client's right of choice
- Maintain confidentiality and client privacy
- Support client's right to lodge complaint
- Describe and discuss the use of approved safety restraints

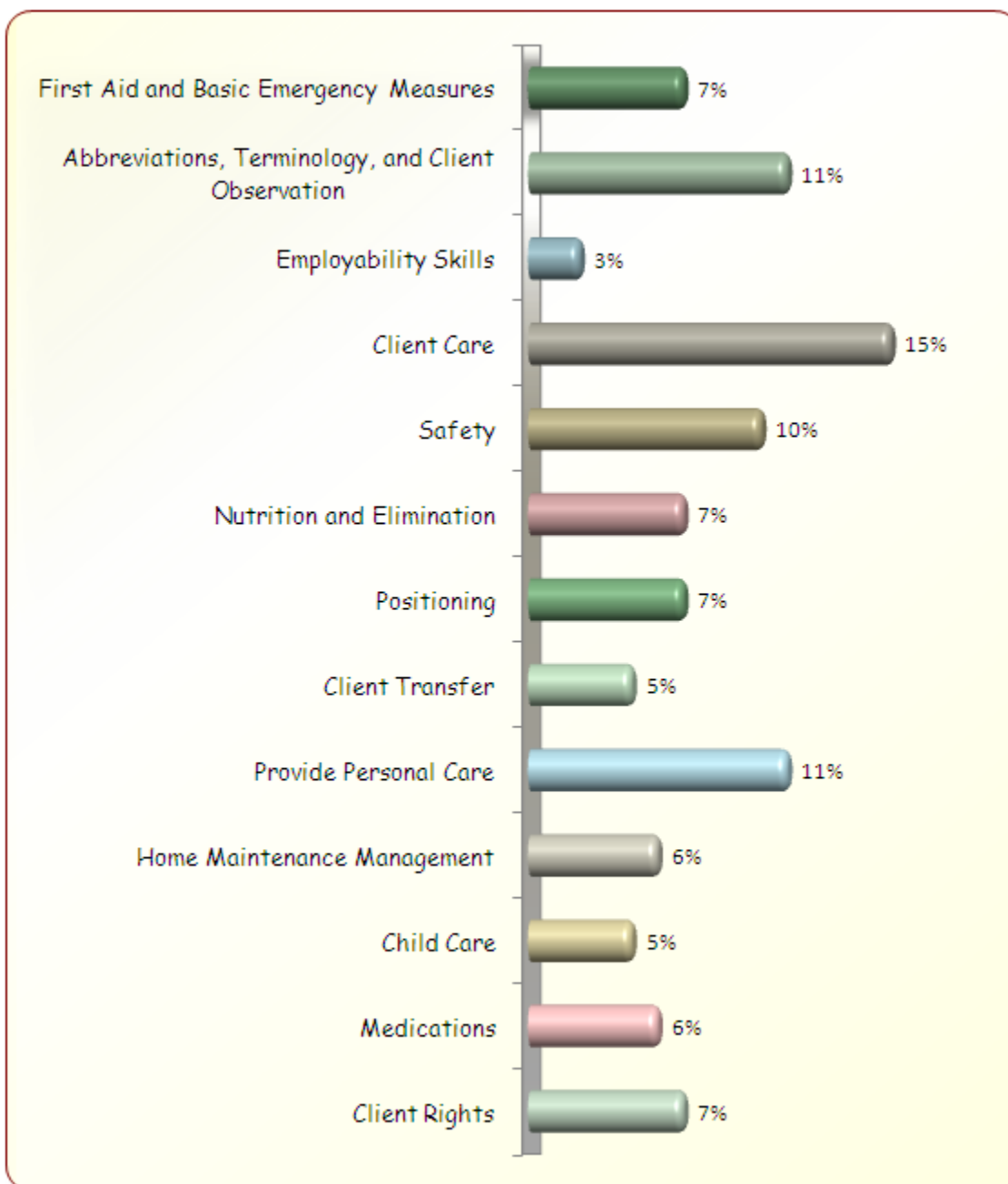
- Report suspected client abuse/neglect

Written Assessment:

Administration Time: 3 hours

Number of Questions: 196

Areas Covered:



Sample Questions:

A patient with diabetes is likely referred to a/an

- A. endocrinologist
- B. oncologist
- C. podiatrist
- D. cardiologist

Which can cause skin tears?

- A. keeping nails trim and smooth
- B. dressing the client in soft clothing
- C. wearing rings and bracelets
- D. padding wheelchair footplates

Clean blood spills immediately using

- A. soap and water
- B. 1 to 10 dilution of bleach/water
- C. ammonia
- D. alcohol

A client on a low sodium diet may consume

- A. tomato juice
- B. canned soup
- C. fresh vegetables
- D. bacon

When making the bed, place the soiled linen

- A. on the bedside table
- B. on the overbed table
- C. in a laundry bag/basket
- D. on the floor



Performance Assessment:

Administration Time: 2 hours and 10 minutes

Number of Jobs: 6

Areas Covered:

15% Obtain and Record Vital Signs

Assemble equipment, wash hands, enter room and identify self, identify client and explain procedure, interview client, take oral temperature, radial pulse, respiration, and time to complete procedure.

6% Therapeutic Diet Meal Planning

Handwashing, meal plan selection, list food exchanges, selection of food models or photos, presentation of food, and time to complete procedure.

37% Bathing and Personal Care of Adult

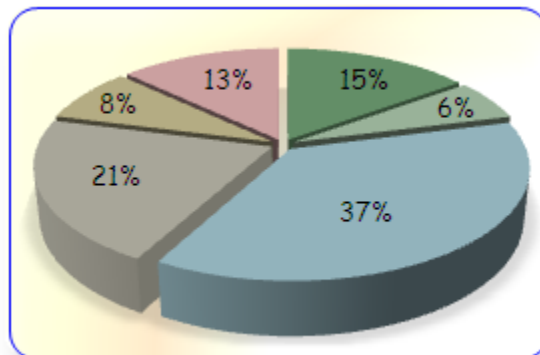
Assemble equipment, handwashing, room entry and self identification, client identification, provision for privacy and warmth, preparation of bed, removal of top linen, water temperature, client positioning, bathing including nail care, changing water, assisting client with dressing, replacement of bed linens, securing bed, and time to complete procedure.

21% Occupied Bedmaking

Selection of linen, handwashing, room entry and self identification, client identification and procedure explanation, provision for privacy and warmth, preparation of bed, removal/replacement of linen, positioning of client, securing bed, and time to complete procedure.

8% First Aid for Bleeding

Applying gloves, applying pressure to slow/stop blood flow, applying dry dressing, cleaning up blood spill, removing gloves, duty to client, and time to complete procedure.



Performance Assessment continued:

13% Transfer Client from Bed to Wheelchair

Consulting client's plan of care, handwashing - beginning of procedure, room entry and self-identification, client identification and procedure explanation, preparing wheelchair, preparing bed, assisting client to sitting position, assisting client to standing position, assisting client into wheelchair, client comfort and security in chair, handwashing, and time to complete procedure.



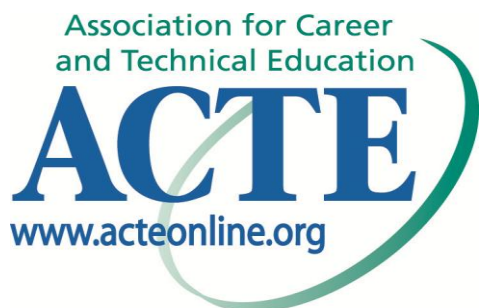
Sample Job: First Aid for Bleeding

Maximum Time: 20 minutes

Participant Activity: The participant will demonstrate first aid practices for controlling the flow of blood from an extremity wound using blood-borne pathogen (OSHA) precautions, apply a dry dressing, and clean up the blood spill.



The Association for Career and Technical Education (ACTE), the leading professional organization for career and technical educators, commends all students who participate in



career and technical education programs and choose to validate their educational attainment through rigorous technical assessments. In taking this assessment you demonstrate to your school, your parents and guardians, your future employers and yourself that you understand the concepts and knowledge needed to succeed in the workplace. Good Luck!