General Assessment Information

Test Type: The Nursing Assisting assessment is included in NOCTI's Teacher assessment battery. Teacher assessments measure an individual's technical knowledge and skills in a proctored proficiency examination format. These assessments are used in a large number of states as part of the teacher licensing and/or certification process, assessing competency in all aspects of a particular industry. NOCTI Teacher tests typically offer both a written and performance component that must be administered at a NOCTI-approved Area Test Center. Teacher assessments can be delivered in an online or paper/pencil format.

Revision Team: The assessment content is based on input from subject matter experts representing the following states: Georgia, Maine, North Carolina, Oklahoma, and Pennsylvania.

CIP Code
51.3902- Nurse/Nursing Assistant/Aide and Patient Care Assistant/Aide

Career Cluster 8- Health Science
31-1014.00- Nursing Assistants
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

**Administration Time:** 3 hours  
**Number of Questions:** 196  
**Number of Sessions:** This assessment may be administered in one, two, or three sessions.

### Areas Covered

<table>
<thead>
<tr>
<th>Area</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Basic Nursing Assisting Skills</td>
<td>28%</td>
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<tr>
<td>Infection Control</td>
<td>9%</td>
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<tr>
<td>Communication Skills</td>
<td>12%</td>
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<tr>
<td>Personal Care Skills</td>
<td>12%</td>
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<tr>
<td>Mental Health and Social Service Needs</td>
<td>11%</td>
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<tr>
<td>Ethics, Rights, and Legal Responsibilities</td>
<td>12%</td>
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<tr>
<td>Basic Restorative Devices</td>
<td>9%</td>
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<tr>
<td>Employability Skills</td>
<td>7%</td>
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Specific Standards and Competencies Included in this Assessment

Basic Nursing Assisting Skills
- Measure basic vital signs, I and O, height and weight
- Provide a safe and/or clean environment
- Recognize signs/symptoms of diseases and conditions
- Recognize body structure and function
- Assist with basic emergency procedures
- Assist with admissions, discharges, and transfers
- Prepare patient and supplies for medical procedures and tests
- Identify various types of medical equipment for procedures
- Demonstrate understanding of body mechanics
- Perform appropriate patient positioning and body alignment
- Demonstrate knowledge of nutrition and hydration
- Perform and assist with patient transfers
- Provide instructions for and assist in collection of patient specimens
- Assist with patient oxygen needs
- Demonstrate awareness of pain management including comfort measures
- Care for patients when death is imminent
- Exhibit knowledge of appropriate postmortem care

Infection Control
- Demonstrate knowledge of basic principles of infection control (e.g., standard and transmission precautions)
- Properly identify, handle, and dispose of hazardous/infectious material
- Use appropriate personal protective equipment (PPE)
- Demonstrate proper handwashing techniques
- Identify principles and components of a sterile environment or field

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Specific Standards and Competencies (continued)

Communication Skills
• Use appropriate and effective verbal and nonverbal communication skills
• Utilize proper communication techniques within the healthcare team
• Demonstrate appropriate telephone techniques
• Maintain patient care according to documented plan of care (POC)
• Document, report, and maintain accurate patient information
• Communicate with special needs patients
• Recognize and identify medical terminology and abbreviations

Personal Care Skills
• Assist/perform patient bathing skills
• Assist/perform patient grooming skills
• Assist/perform patient oral hygiene skills
• Assist/perform patient dressing skills
• Assist patient with toileting/elimination needs
• Assist/perform patient feeding techniques
• Assess and assist with patient skin care
• Perform various bed making techniques

Mental Health and Social Service Needs
• Recognize and report changes in altered patient mental status
• Identify appropriate nurse assistant response to patient’s inappropriate behavior
• Identify age-appropriate developmental tasks
• Follow established Plan of Care (POC) for behavior management
• Utilize the patient’s family and friends as sources of emotional support for the patient
• Identify the affects of age, illness, and disability on life experiences
• Demonstrate cultural sensitivity

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Specific Standards and Competencies (continued)

**Ethics, Rights, and Legal Responsibilities**
- Demonstrate understanding of HIPAA regulations regarding privacy and confidentiality
- Recognize and report patient grievance issues
- Assist patient participation in group activities and personal independence as appropriate
- Provide security and proper care for patient’s personal possessions
- Recognize and report signs and symptoms of patient abuse, mistreatment, or neglect
- Recognize legal issues involving physical and chemical restraints
- Demonstrate awareness of Patient’s Bill of Rights

**Basic Restorative Devices**
- Assist the patient with ambulating aids (e.g., canes, walkers, braces, crutches, wheelchair, gait belt)
- Assist/perform patient transfer using mechanical lifts
- Assist the patient with assistive devices used with activities of daily living (ADLs)
- Perform appropriate range of motion (ROM) exercises
- Assist with prosthetic devices

**Employability Skills**
- Maintain OBRA requirements for Nursing Assisting certification
- Identify appropriate scope of practice for Nursing Assistants
- Recognize work requirements in the health care industry
- Recognize appropriate professional hygiene and appearance for health care workers
Sample Questions

**The function of white blood cells is to**
A. protect the body from high blood sugar
B. protect the body from infection
C. help the body transport oxygen
D. help with blood clotting

**An infection acquired while a patient is in a medical facility is a/an _____ infection.**
A. fomite
B. nosocomial
C. aseptic
D. contagious

**Social development during late adulthood is most often characterized by**
A. establishing positive role models
B. being influenced by peer pressure
C. adapting to changing roles
D. learning to trust others

**When using crutches, the resident’s weight must rest on the hand rest because**
A. pressure in the axilla can cause nerve damage
B. it prevents the crutches from slipping
C. the crutches are “held” under the arms
D. it gives the resident greater control when climbing stairs

**When taking a patient’s blood pressure, the first clear sound is called**
A. diastolic
B. systolic
C. apical
D. pulse
NOCTI performance assessments allow individuals to demonstrate their acquired skills by completing actual jobs using the tools, materials, machines, and equipment related to the technical area.

**Administration Time:** 1 hour, 45 minutes  
**Number of Jobs:** 5

**Areas Covered:**

**18%  Obtain and Record Standard Vital Signs**  
Participants will obtain and record standard vital signs by assembling the equipment and following standard safety protocols. Participants will explain the procedure, conduct an interview, and then take an oral temperature, blood pressure, radial pulse, and respiration.

**14%  Apply and Remove Personal Protective Equipment**  
Participants will assemble and apply personal protective equipment including mask, gown, and gloves following all safety protocols. Participants will also be responsible for bagging waste and then properly removing personal protective equipment.

**14%  Demonstrate Wheelchair Assistance**  
Participants will provide wheelchair assistance by following standard protocol and all safety requirements. Participants will be responsible for explaining the procedure, preparing the wheelchair and bed, and then assisting the patient in sitting, standing, and getting into the wheelchair.

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Areas Covered (continued)

20%  Make an Occupied Bed  
Participants will demonstrate making an occupied bed following standard protocol and all safety procedures.

34%  Provide a Modified Bed Bath for an Adult Female Patient  
Participants will demonstrate a modified bed bath for an adult patient following standard protocol and all safety requirements. Participants will be required to explain the procedures, provide the client with privacy and warmth and then prepare the bed for the task.
Sample Job

Demonstrate Wheelchair Assistance

**Maximum Time:** 10 minutes

**Participant Activity:** Using the proper equipment, supplies, and techniques, the participant will verbalize the need to wash hands, transfer a patient using a transfer belt, demonstrate appropriate patient interaction, push the wheelchair along a hallway, demonstrate how to get the wheelchair in and out of an elevator, return the patient to the room, and inform the evaluator when the procedure is complete.