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# **Nursing Assisting**

## General Assessment Information

### Blueprint Contents

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**Test Type:** The Nursing Assisting industry-based credential is included in NOCTI's Job Ready assessment battery. Job Ready assessments measure technical skills at the occupational level and include items which gauge factual and theoretical knowledge. Job Ready assessments typically offer both a written and performance component and can be used at the secondary and post-secondary levels. Job Ready assessments can be delivered in an online or paper/pencil format.

**Revision Team:** The assessment content is based on input from secondary, post-secondary, and business/industry representatives from the states of Maryland, Michigan, New York, Pennsylvania, South Carolina, Virginia.



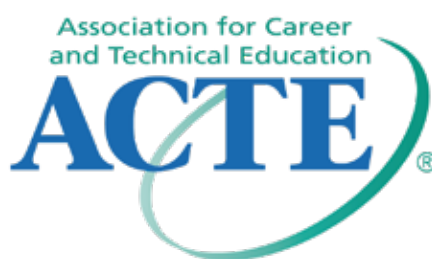
51.3902- Nurse/Nursing  
Assistant/ Aide and Patient Care  
Assistant/Aide



Career Cluster - Health Science



31-1014.00 Nursing Assistants



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!



**NATIONAL COLLEGE CREDIT RECOMMENDATION SERVICE**  
University of the State of New York - Regents Research Fund

In the lower division  
baccalaureate/associate degree  
category, 3 semester hours in Nursing  
Assisting.

## Written Assessment

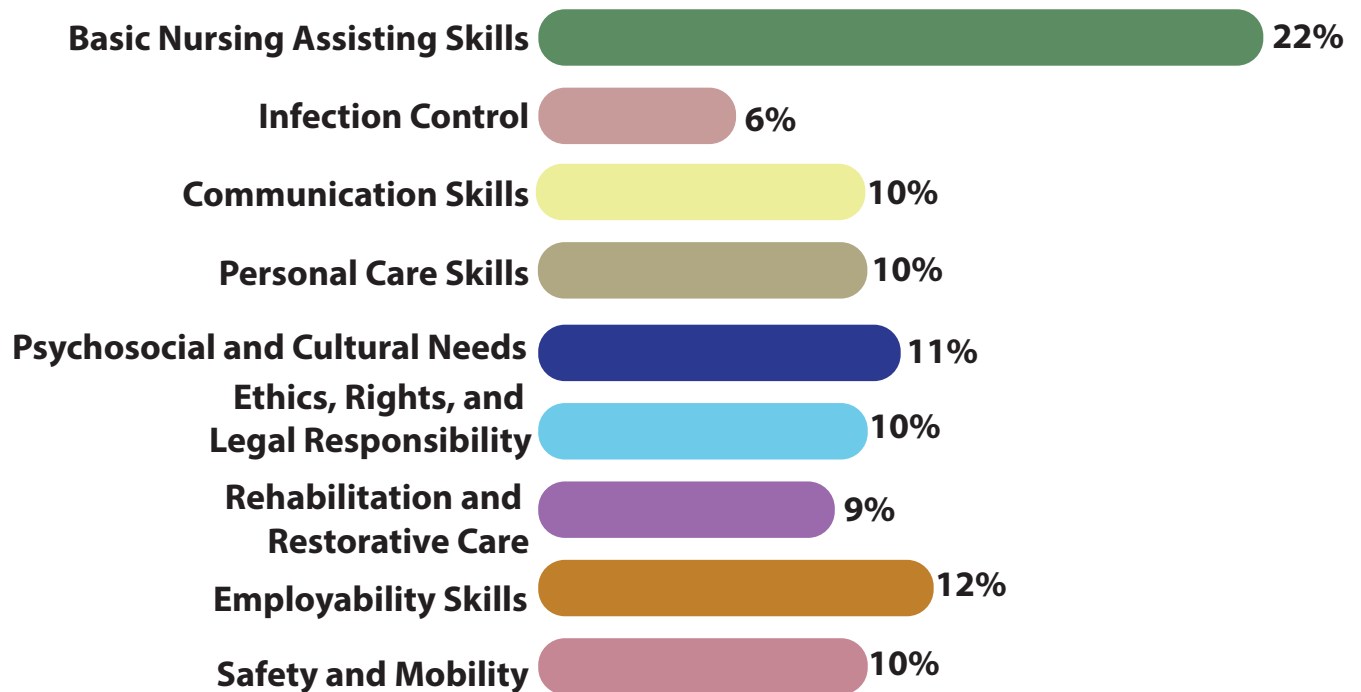
NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

**Administration Time:** 3 hours

**Number of Questions:** 187

**Number of Sessions:** This assessment may be administered in one, two, or three sessions.

### Areas Covered



## Specific Standards and Competencies Included in this Assessment

### Basic Nursing Assisting Skills

- Measure basic vital signs, I & O, height, weight
- Identify body structure and functions
- Recognize and report abnormal signs, symptoms, and conditions
- Assist with basic emergency and first aid procedures
- Assist with admissions, discharges, and transfers
- Identify and prepare patient and supplies for medical procedures and tests including providing instructions for and assisting in collection of patient specimens
- Identify appropriate patient positioning, transfers, and body alignment
- Demonstrate awareness of pain management including comfort measures
- Care for patients when death is imminent and exhibit knowledge of appropriate postmortem care

### Infection Control

- Demonstrate knowledge of basic principles of infection control (e.g., standard and transmission-based precautions)
- Demonstrate knowledge of the proper hand hygiene techniques, donning and doffing of PPE, and handling and disposal of hazardous/infectious material
- Differentiate between medical asepsis and surgical asepsis (e.g., sterile)

### Communication Skills

- Use appropriate and effective verbal and nonverbal communication skills
- Utilize proper communication techniques within the healthcare team
- Document, report, and maintain accurate patient information
- Modify communication techniques for patients with special needs or language barriers
- Recognize and identify medical terminology, including proper use of abbreviations

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## Specific Standards and Competencies (continued)

### Personal Care Skills

- Assist/Perform patient personal hygiene skills (e.g., bathing, grooming, dressing, oral care, and identifying skin integrity/alterations)
- Assist/Perform patient nutrition and hydration
- Assist patient with toileting/elimination needs
- Maintain patient environment (e.g., bed making, cleanliness, neatness)

### Psychosocial and Cultural Needs

- Recognize and report changes in patient mental status
- Identify appropriate nursing assistant response to patient's problematic behavior
- Follow established Plan of Care (POC) for behavior management
- Identify age-appropriate care, and the effect on illness and disability
- Demonstrate cultural sensitivity
- Assist patient participation in group activities and personal independence as appropriate

### Ethics, Rights, and Legal Responsibilities

- Demonstrate understanding of HIPAA regulations regarding privacy and confidentiality
- 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 including alternative solutions
- Demonstrate awareness of Patient's Bill of Rights

### Rehabilitation and Restorative Care

- Assist the patient with ambulating aids (e.g., canes, walkers, braces, crutches, wheelchairs)
- Assist the patient with assistive devices used with activities of daily living (ADLs)
- Perform appropriate range of motion (ROM) exercises
- Assist with prosthetic devices

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## Specific Standards and Competencies (continued)

### **Employability Skills**

- Maintain OBRA requirements for nursing assisting certification
- Identify appropriate scope of practice for nursing assistants
- Practice appropriate health and well-being and self-care for healthcare workers
- Demonstrate personal and professional work behaviors appropriate for nursing assistants
- Demonstrate understanding of healthcare delivery systems, and how they perform to provide quality care

### **Safety and Mobility**

- Provide a safe environment
- Demonstrate understanding of body mechanics, including safe patient lifting techniques or mechanical lifts
- Identify and respond appropriately to existing and potential hazards including fires, electrical and oxygen
- Understand roles in different codes and disaster preparedness in healthcare facilities

## 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

**The body's immune system produces \_\_\_\_\_ to fight infection.**

- A. antibodies
- B. bacteria
- C. microbes
- D. parasites

**Techniques that encourage communication include**

- A. offering positive advice
- B. asking yes or no questions
- C. sharing personal beliefs
- D. asking open-ended questions

**A fracture-type bedpan is used for patients who**

- A. have bathroom privileges
- B. are ambulatory
- C. have a hip injury
- D. have an indwelling catheter

**The nurse states the patient has psychosis. This means that the patient**

- A. has specific food allergies
- B. will be transferred to a psychiatric facility
- C. does not view or interpret reality correctly
- D. will require oxygen therapy

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## Sample Questions (Continued)

### **Nursing assistants can protect patient rights by**

- A. only discussing a patient's condition with close friends
- B. allowing the patient to choose when to take a shower
- C. making sure that each patient has the same snacks as the other residents
- D. keeping the patients confined to their rooms

### **Using a physical restraint to keep an alert, oriented client in bed unnecessarily is considered**

- A. malpractice
- B. negligence
- C. involuntary seclusion
- D. false imprisonment

### **If a patient asks about the results of a recent test, the nursing assistant should**

- A. offer to look it up for the patient
- B. refer the question to the patient's nurse
- C. call the patient's doctor
- D. refer the question to a more experienced nursing assistant

### **Mechanical lifts are used**

- A. to help protect staff and patients from injury during lifting and moving
- B. to transfer a patient who is seriously ill into an ambulance
- C. to transfer a patient who is weak onto a stretcher
- D. only when the patient weighs less than 200 pounds

### **To prevent a needle stick injury, all scalpels, needles, and sharp objects should be**

- A. placed in a puncture-resistant container
- B. thrown in the plastic garbage container
- C. put in the red biohazard bag or container
- D. recapped prior to disposing of them



## Performance Assessment

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:** 55 minutes

**Number of Jobs:** 4

### Areas Covered:

#### **22% Don and Doff Personal Protective Equipment (PPE)**

Participant will demonstrate handwashing technique, don personal protective equipment in correct order, doff personal protective equipment without contamination, and dispose of or deposit all used personal protective equipment in proper container.

#### **22% Obtain and Record Standard Vital Signs**

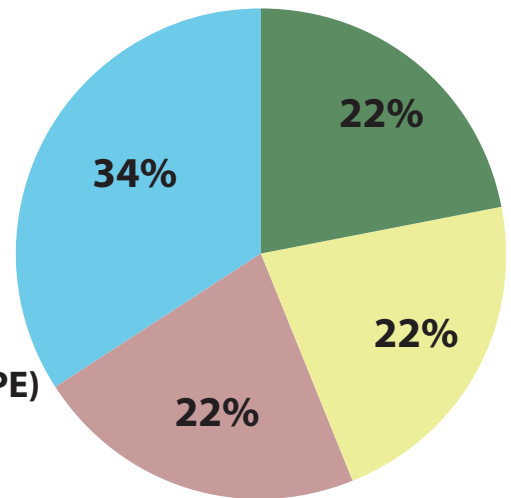
Participant will verify the patient's identification, explain the procedure, conduct an interview, take and record an oral temperature, radial pulse, respiration, blood pressure, record results, and inform the evaluator when the procedure is complete.

#### **22% Demonstrate Wheelchair Assistance**

Using the proper equipment, supplies, and techniques, the participant will verbalize need to wash hands, transfer a patient using a transfer or gait belt, demonstrate appropriate patient interaction, leave the patient in the wheelchair, and inform the evaluator when the procedure is complete.

#### **34% Perform a Modified Bed Bath**

Participant will verbalize need to wash hands, demonstrate appropriate patient interaction, use proper equipment, supplies, and clean techniques to complete a modified bed bath, put a clean gown on patient, and inform evaluator when the procedure is complete.



## 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 or gait belt, demonstrate appropriate patient interaction, leave the patient in the wheelchair and exit room, and inform the evaluator when the procedure is complete.