

SkillsUSA 2015 Contest Projects

Nurse Assisting

Click the “Print this Section” button above to automatically print the specifications for this contest. Make sure your printer is turned on before pressing the button.

**SkillsUSA Championships
2015
Adult CPR w AED**

Points earned _____/out of 145 = _____%

1. Places manikin on firm surface in supine position	5		
2. Checks scene safety	5		
3. Checks responsiveness and signs of consciousness	5		
3. Activates EMS system	5		
5. Administers chest compressions as follows:			
a. Places heel of hand on lower half of sternum	5		
b. Gives compressions at a rate of 100 per minute	5		
c. Compresses chest to 2 inches, fast and hard	5		
6. Gives two ventilations after every thirty compressions:	5		
a. Opens airway, using head tilt/chin lift method	5		
b. Looks, listens and feels for respirations for 5-10 seconds	5		
c. Gives 2 slow full breaths	5		
7. Repeats cycle of 30:2 for 2 minutes	5		
8. Checks pulse and breathing for 5-10 seconds	5		
Tell contestant that patient has no pulse and respirations.			
9. Properly verbalizes what should be done if no pulse.	5		
10. Uses AED at appropriate time	5		
a. Gets AED after one minute of cycles	5		
b. Properly places pads	5		
c. Listens and follows instructions of AED	5		
d. Continues with CPR as instructed without delay	5		
e. Continues to follow AED instructions until told by judge to do otherwise	5		
Tell contestant that patient has a pulse and respirations.			
10. Positions patient in recovery position	5		
11. Stays with person until help arrives	5		
12. Attitude:			
a. toward patient	5		
b. toward supervisors (judges)	5		
c. toward task	5		
13. Communication skills:			
a. facial expressions	5		
b. ability to listen	5		
c. interprets/implements oral/written directions	5		
14. Safety measures:			
a. Utilizes safety precautions for patient & self	5		
TOTAL	145		

JUDGE COMMENTS:

Judge Initials _____

Contestant Number _____

**SkillsUSA Championships
2015
Handwashing and Gloving**

Points earned _____/out of 195 = _____%

<i>Performance Points</i>	<i>Pts. Poss.</i>	<i>Pts. Earned</i>	<i>Remarks</i>
1. Assembled equipment (soap, towels, orange stick/nail file, wastebasket - collects missing items)	5		
2. Pushed watch up arm 4 to 5 inches. If uniform sleeves were long, pushed them up.	5		
3. Stood so that clothes did not touch the sink.	5		
4. Stood so the soap and faucet were easy to reach.	5		
5. Did not touch inside of sink at any time.	5		
6. Turned on and adjusted the water until it felt warm.	5		
7. Wet wrists and hands. Kept hands lower than elbows.	5		
8. Wet the area 3 to 4 inches above the wrists.	5		
9. Applied about 1 teaspoon of soap to hands.	5		
10. Rubbed palms together and interlaced fingers to work up a good lather for at least 15 seconds.	5		
11. Washed each hand and wrist thoroughly.	5		
12. Cleaned well between fingers, all the way to tips	5		
13. Cleaned top of both hands, covering all surfaces	5		
14. Cleaned under fingernails:			
a. rubbed fingertips against palms	5		
b. cleaned under fingernails with nail file or orange stick	5		
15. Rinsed wrists and hands well. Water flowed from the wrists to fingertips.	5		
16. Rinsed thoroughly, removed all soap	5		
17. Dried wrists and hands with a clean, dry paper towel.	5		
18. Patted dry starting at fingertips.	5		
19. Kept fingertips below wrists while drying.	5		
20. Discarded the paper towels into the wastebasket.	5		

21. Turned off faucets with clean, dry paper towels.	5		
22. Discarded paper towels into the wastebasket.	5		
23. Put on gloves	5		
REMOVES GLOVES:			
24. Touched outside of glove with outside of glove only	5		
25. Grasped outside of glove just above the cuff.	5		
26. Pulled glove down over hand so it was inside out	5		
27. Contaminated part of glove does not come into contact with skin	5		
28. Held removed glove with other gloved hand	5		
29. Reached inside the other glove with the fingers of ungloved hand	5		
30. Pulled glove down, inside out, over hand and other glove	5		
31. Contaminated part of glove did not come into contact with skin	5		
31. Removed gloves without snapping/popping gloves	5		
32. Discarded gloves in proper receptacle	5		
33. Hand hygiene (may verbalize)	5		
ATTITUDE			
a. toward supervisors (judges)	5		
b. toward task	5		
COMMUNICATION SKILLS			
a. facial expressions	2		
b. ability to listen	2		
c. interprets/implements oral/written directions	2		
d. accuracy of oral/written terminology	2		
SPEED IN COMPLETION OF TASK			
a. completed within allotted time	2		
Total	195		

JUDGE COMMENTS:

**SKILLSUSA CHAMPIONSHIPS
2015**

INSTRUCTION SHEET FOR CONTESTANT

HANDWASHING AND GLOVE APPLICATION/REMOVAL

ASSIGNMENT: 1. Properly wash your hands
2. Properly apply gloves
3. Properly remove gloves

TIME TO COMPLETE SKILL: 5 minutes
You will be informed with 2 minutes remaining

EQUIPMENT: All equipment you will need is in the station area.
Please clean and replace equipment.

SITUATION: You will demonstrate proper hand hygiene technique followed by complete glove application and removal steps.

*Hereafter, you will be expected to verbalize hand hygiene, at proper times during each station. You may still apply and remove gloves when needed.

Contestant Number _____

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Contestant Number _____

Judge's Initials _____

PLEASE LEAVE THIS SHEET WITH THE JUDGE WHEN COMPLETED TASK AT THIS STATION.

**NURSE ASSISTING
SKILLSUSA CHAMPIONSHIPS
2015**

INSTRUCTION SHEET FOR CONTESTANT

ASSIGNMENT: Perform Adult CPR and use AED when appropriate.
Perform for 2 minutes and reassess. Follow prompts from the judge.

TIME TO COMPLETE SKILL: 10 minutes
You will be informed with 3 minutes remaining

EQUIPMENT: All equipment you will need is in the station area.
Please clean and replace equipment.

SITUATION: You find the ADULT patient unresponsive on the floor.

Contestant Number _____

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Judge's Initials _____

PLEASE LEAVE THIS SHEET WITH THE JUDGE WHEN COMPLETED TASK AT THIS STATION.

SKILLSUSA CHAMPIONSHIPS 2015

INSTRUCTION SHEET FOR CONTESTANT

ASSIGNMENT: Measure Pulse and Blood Pressure

TIME TO COMPLETE SKILL: 10 minutes
You will be informed with 3 minutes remaining

EQUIPMENT: All equipment you will need is in the station area.
Please clean and replace equipment.

SITUATION: Mrs. Black is a 58-year-old female admitted with headaches. You will take her pulse and blood pressure.

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Judge's Initials _____

PLEASE LEAVE THIS SHEET WITH THE JUDGE WHEN COMPLETED TASK AT THIS STATION.

SKILLSUSA CHAMPIONSHIPS 2015

INSTRUCTION SHEET FOR CONTESTANT

ASSIGNMENT: Participate in job interview
Assessment of resume

TIME TO COMPLETE SKILL: 5 minutes for interview TOTAL TIME UP TO 10 minutes

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Judge's Initials _____

PLEASE LEAVE THIS SHEET WITH THE JUDGE WHEN COMPLETED TASK AT THIS STATION.

Judge Initials _____

Contestant Number _____

**SkillsUSA Championships
2015
Job Interview and Professional Appearance**

Points earned _____/out of 90 = _____%

<i>JOB INTERVIEW</i>			
1. Dresses appropriately for interview			
a. Uniform is neat and clean	5		
b. Hair is orderly and pulled back from face	5		
c. Minimal amount of make-up/clean shaven	5		
d. Minimal amount of jewelry is worn	5		
e. Shoes are appropriate	5		
2. Introduces self and shakes hands firmly if indicated	5		
3. Refers to employer by name	5		
4. Sits correctly with good posture	5		
5. Listens closely to employer's questions/comments	5		
6. Speaks slowly and clearly without mumbling	5		
7. Smiles but avoids excessive laughter or giggling	5		
8. Maintains eye contact with employer	5		
9. Avoids mannerisms during interview	5		
10. Uses correct English and avoids slang terms	5		
11. Uses correct manners and acts politely	5		
12. Avoids smoking, chewing gum, eating candy, etc.	1		
13. Asks questions pertaining to job responsibility and avoids questioning fringe benefits, raises, etc.	4		
14. Thanks employer for the interview at the end	5		
15. Shakes hands firmly if indicated	5		
Total	90		

JUDGE COMMENTS:

Judge Initials _____

Contestant Number _____

**SkillsUSA Championships
2015
Job Interview and Resume**

Points earned _____/out of 135 = _____%

<i>JOB INTERVIEW</i>			
1. Dresses appropriately for interview			
a. Uniform is neat and clean	5		
b. Hair is orderly and pulled back from face	5		
c. Minimal amount of make-up/clean shaven	5		
d. Minimal amount of jewelry is worn	5		
e. Shoes are appropriate	5		
2. Introduces self and shakes hands firmly if indicated	5		
3. Refers to employer by name	5		
4. Sits correctly with good posture	5		
5. Listens closely to employer's questions/comments	5		
6. Speaks slowly and clearly without mumbling	5		
7. Smiles but avoids excessive laughter or giggling	5		
8. Maintains eye contact with employer	5		
9. Avoids mannerisms during interview	5		
10. Uses correct English and avoids slang terms	5		
11. Uses correct manners and acts politely	5		
12. Avoids smoking, chewing gum, eating candy, etc.	1		
13. Asks questions pertaining to job responsibility and avoids questioning fringe benefits, raises, etc.	4		
14. Thanks employer for the interview at the end	5		
15. Shakes hands firmly if indicated	5		
<i>RESUME</i>			
16. Uses good quality paper	5		
17. Types all information neatly and accurately	5		
18. Follows consistent format/spacing throughout	5		
19. Includes all of the following information:			
a. Personal identification: name, address, telephone	5		

b. Employment objective	5		
c. Educational background: name and address of school, special courses, or training	5		
d. Work or employment experience: name/address of employers, dates employed, job title, description of duties, in order from most recent backward	5		
e. Skills and specific knowledge	5		
f. Other activities; organizations, offices held, awards, volunteer work, hobbies, interests	5		
g. References: full name, title, and address or states "References will be furnished on request"	5		
20. Spells all words correctly	5		
21. Punctuates all information correctly	5		
Total	150		

JUDGE COMMENTS:

Judge Initials _____

Contestant Number _____

**SkillsUSA Championships
2015**

Measuring and Recording Blood Pressure and Pulse

Points earned _____/out of 195 = _____%

	<i>Pts. Poss.</i>	<i>Pts. Earned</i>	<i>Remarks</i>
<i>Performance Points</i>			
1. Assembles equipment for taking Vital Signs	5		
2. Performs hand hygiene	5		
3. Knocks on door, introduces self, and identifies patient using two identifiers, explains procedure	5		
4. Provides privacy	5		
5. Obtains patient permission	5		
6. Assures patient is comfortable	5		
PULSE			
7. Places fingers correctly for counting pulse	5		
8. Counts pulse for at least 30 seconds	5		
9. Obtains correct count to +/- 2 beats per minute	5		
10. Notes rhythm and volume	5		
BLOOD PRESSURE			
16. Cleans stethoscope earpieces and bell/disk with alcohol	5		
17. Applies BP cuff correctly	5		
18. Places stethoscope in ears correctly	5		
19. Locates brachial artery and places bell correctly	5		
20. Inflates cuff properly	5		
21. Reads pressure to +/- 2 mm Hg	5		
22. Recognizes abnormal V/S measurements and reports immediately	5		
23. Cleans stethoscope earpieces and bell/disk with alcohol	5		
24. Observes patient for comfort	5		
25. Observes checkpoints before leaving:			
a. Lowers bed to lowest level	5		
b. Places call signal and supplies within reach	5		
c. Opens curtain	5		
d. Leaves area neat and clean	5		
26. Hand hygiene (may verbalize)	5		
27. Reports any abnormal findings	5		
28. Organization of work:			

a. arrives at contest ready to begin skill problem	5		
b. reads problems/checks assumptions/questions	5		
c. obtains necessary equip to complete problem	5		
d. organizes equip/solves problem conveniently	5		
29 Attitude:			
a. toward patient	5		
b. toward supervisors (judges)	5		
c. toward task	5		
30. Communication skills:			
a. facial expressions	5		
b. ability to listen	5		
c. attempt to lower patient anxiety	5		
d. interprets/implements oral/written directions	5		
e. accuracy of oral/written terminology	5		
31. Safety measures:			
a. Utilizes safety precautions for patient & self	5		
32. Speed in completion of task:			
a. completed within allotted time	5		
Total	195		

Judge Initials _____

Contestant Number _____

SkillsUSA Championships
2015
Range of Motion - Upper Extremity

Points earned _____/out of 195 = _____%

<i>Performance Points</i>	<i>Pts. Poss.</i>	<i>Pts. Earned</i>	<i>Remarks</i>
• Protected person's rights during procedure.	3		
• Handled person gently during procedure.	3		
• Knocked before entering person's room.	3		
• Addressed person by name.	3		
• Introduced yourself by name and title.	3		
• Explained procedure to person before starting and during the procedure.	3		
Pre-Procedure			
Practiced hand hygiene.	3		
Identified the person using TWO identifiers.	3		
Checked the ID bracelet.	3		
Obtained a bath blanket.	3		
Provided for privacy.	3		
Raised the bed for body mechanics.	3		
Bed rails were up if used.	3		
PROCEDURE			
Lowered the bed rail near you if up.	3		
Positioned the person supine.	3		
Moved the person closer to you if needed.	3		
Covered person with blanket.	3		
Folded top linens to foot of bed.	3		
SHOULDER			
Supported the wrist and elbow properly.	3		
FLEXION - raised arm straight in front and over head.	3		
EXTENSION - brought arm down to the side.	3		
ABDUCTION - moved straight arm away from side of body.	3		
ADDUCTION - moved straight arm to side of the body.	3		
INTERNAL ROTATION - bent elbow. Placed it at same level as shoulder.	3		
Moved forearm down toward body.	3		
EXTERNAL ROTATION - moved forearm toward head. (Scarecrow)	3		
"Repeated exercises 5 times or according to care plan."	3		
ELBOW			
Supported the wrist and elbow properly.	3		
FLEXION - bent arm so the same-side shoulder was	3		
EXTENSION - straightened the arm.	3		
"Repeated exercises 5 times or according to care plan."	3		

FOREARM			
Continued supporting wrist and elbow.	3		
PRONATION - turned hand so palm was up	3		
SUPINATION - turned hand so palm was up.	3		
"Repeated exercises 5 times or according to care plan."	3		
WRIST			
Supported the wrist and elbow properly.	3		
FLEXION - bent hand down.	3		
EXTENSION - straightened hand.	3		
HYPEREXTENSION - bent the hand back.	3		
RADIAL FLEXION - turned the hand toward thumb.	3		
ULNAR FLEXION - turned hand toward little finger	3		
"Repeated exercises 5 times or according to care plan."	3		
THUMB			
Held person's hand with one hand. Held thumb with other hand.	3		
ABDUCTION - moved thumb out from inner part of	3		
ADDUCTION - moved thumb back next to index finger.	3		
OPPOSITION - touched each fingertip with thumb.	3		
FLEXION - bent thumb into hand.	3		
EXTENSION - moved thumb out to side of fingers.	3		
"Repeated exercises 5 times or according to care plan."	3		
FINGERS			
ABDUCTION - spread the fingers and thumb apart.	3		
ADDUCTION - brought fingers and thumb together.	3		
FLEXION - made fist.	3		
EXTENSION - straightened fingers so fingers, hand, arm	3		
"Repeated exercises 5 times or according to care plan."	3		
Covered arm with blanket. Uncovered leg.	3		
POST-PROCEDURE			
Provided comfort as noted on inside of front textbook	3		
Removed bath blanket.	3		
Placed call light within reach.	3		
Lowered bed to safe/comfortable level according to	3		
Raised/lowered bed rail according to care plan.	3		
Folded and returned bath blanket to proper place.	3		
Unscreened the person.	3		
Completed safety check of room as per front textbook	3		
Practiced hand hygiene.	3		
Reported and recorded your observations.	3		

TOTALS 195

NOTES:

Judge Initials _____

Contestant Number _____

**SkillsUSA Championships
2015
Job Interview and Resume**

Points earned _____/out of 60 = _____%

<i>RESUME</i>			
1. Uses good quality paper	5		
2. Types all information neatly and accurately	5		
3. Follows consistent format/spacing throughout	5		
4. Includes all of the following information:			
a. Personal identification: name, address, telephone	5		
b. Employment objective	5		
c. Educational background: name and address of school, special courses, or training	5		
d. Work or employment experience: name/address of employers, dates employed, job title, description of duties, in order from most recent backward	5		
e. Skills and specific knowledge	5		
f. Other activities; organizations, offices held, awards, volunteer work, hobbies, interests	5		
g. References: full name, title, and address or states "References will be furnished on request"	5		
5. Spells all words correctly	5		
6. Punctuates all information correctly	5		
Total	60		

JUDGE COMMENTS: