

**BRADFORD AREA HIGH SCHOOL**  
81 Interstate Pkwy Bradford, Pa 16701  
**January 16, 2011**

Basic Health Care  
Performance Guidelines  
Contest Area: Health Assistant



- I. Equipment Provided
  - a. Bed linen: Fitted sheet, top sheet, pillow case, and bath blanket
- II. Contestant will bring
  - a. Pen
  - b. Fellow student to serve as patient
- III. Scope of contest  
Test Plan  
(Text Reference Provided For Student Preparation)
  - a. Written multiple choice exam (70 questions)
1. Infection control, patient safety
  - b. Legal and ethical
  - c. Communication
  - d. Physical Care
  - e. Foundation skills
2. Vital signs
3. Anatomy and physiology
- IV. Skills Evaluation
  - a. Hand washing
  - b. Passive Range of Motion
  - c. Occupied Bed
- V. Other information
  - a. Competitor will wear school uniform or scrubs and clinical shoes (may be sneakers)
  - b. School name and student identification must be covered
  - c. ID number will be provided
- VI. Reference Textbook  
Fuzy, Jetta RN, MSN., Hedman, Susan Alvare., and Rymer, Suzanne., Nursing Assistant Care.  
Hartman's Publishing, 2<sup>nd</sup> ed. 2010

Questions:  
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# Make Occupied Bed

Competitors Number \_\_\_\_\_

Time procedure started \_\_\_\_\_ Time procedure finished \_\_\_\_\_ (tiebreaker only)

Steps	Possible Points	Score
Gather all equipment: bath blanket, fitted sheet, flat sheet, and pillow case and	1	
Wash or sanitize hands (gloves are optional)	1	
Identify patient and introduce self	2	
Explain procedure before beginning	1	
Provided privacy	1	
Adjust bed to good working height with head of bed flat	1	
Place bath blanket over covers and ask patient to hold it in place	1	
Remove top sheet and spread and place in soiled hamper	1	
Raise side rail on side to which client will move	2	
Turn client toward side rail	1	
Adjust pillow for comfort	1	
Loosen bottom linen	1	
Fold or roll soiled sheets toward patient	1	
Make the unoccupied side of the bed	1	
Place the clean sheets for the occupied half of the bed under the roll of soiled sheets	1	
Raise side rail	2	
Walk to other side of bed and roll client to the other side, explain they will roll over a bump of linen	1	
Adjust pillow for comfort	1	
Remove bottom linen and place in used linen in hamper (remove gloves if used)	2	
Straighten and smooth bottom sheet so they are free of wrinkles	2	
Roll client on back	1	
Cover client with clean top sheet	1	
Remove bath blanket without exposing the client	1	
Tuck linen in foot of bed	1	
Miter corner on both sides	1	
Change pillow case	1	
Straighten and smooth top linen so it is free of wrinkles	1	
Place call light in reach	1	
Place bed in low position	1	
Wash or sanitize hands	1	
<b>Total Points</b>	<b>35</b>	

## Perform Passive Range of Motion

Competitors Number \_\_\_\_\_

Steps	Possible Points	Score
Greet and identify patient	1	
Introduce self and explain procedure before beginning	1	
Wash or sanitize hands (gloves are optional)	1	
Provided privacy	1	
Adjust bed to good working height with head of bed flat	1	
Exercise the shoulder 3times supporting joint with two hands	1	
Flex and extend	2	
Abduct and adduct	2	
Rotate	2	
Exercise the elbow 3 times supporting joint with two hands	1	
Flex and extend	2	
Exercise the forearm 3 times supporting joint with two hands	1	
Supination and pronation	2	
Exercise the wrist 3 times supporting joint with two hands	1	
Flex and extend	2	
Exercise the fingers and thumb 3 times supporting joint with two hands	1	
Flex and extend	2	
Abduct and adduct	2	
Rotate the thumb	2	
Exercise the hip 3 times supporting joint with two hands	1	
Flex and extend	2	
Abduct and adduct	2	
Rotate	2	
Exercise the knee 3 times supporting joint with two hands	1	
Flex and extend	2	
Exercise the ankle 3 times supporting joint with two hands	1	
Flex and extend	2	
Exercise the toes 3 times supporting joint with two hands	1	
Flex and extend	2	
Abduct and adduct	2	
Place call light in reach	1	
Place bed in low position	1	
Wash or sanitize hands	1	
<b>Total Points</b>	<b>50</b>	

## Hand Washing

Competitors Number \_\_\_\_\_

Steps	Possible Points	Score
Turn on water using a paper towel and adjust temperature	1	
Wet hands	1	
Keep hands lower than arms	1	
Apply soap	1	
Wash palms of hands	1	
Wash back of hands interlocking fingers	1	
Wash wrist	1	
Wash each finger and thumb	1	
Washing should last at least 20 seconds	3	
Rinse hands, keep pointing down	1	
Dry hands with paper towel and throw away	1	
Get dry paper towel and turn off water	1	
Assure that abdomen does not touch sink or counter	1	
<b>Total Points</b>	<b>15</b>	