

Contestant Packet

Basic Health Care Skills

You will be scored based on the following information.

Subject/criteria	Point value
First Aid for Injury (triangle bandage)	200
Don and Remove Sterile Gloves	150
Presentation	200
Job Interview	150
Anatomy & Physiology	150
Written Test	100
Resume	50
Total:	1000

FIRST AID FOR BONE OR JOINT INJURY

Scenario: You and a friend are hiking in the woods and your friend falls down the hill. Upon finding your friend, you suspect a fracture of the right arm. Your task is to apply a triangle bandage to support the arm so you can make it out of the woods into cell service without any more injury to the arm. You have the supplies on the table and 15 minutes to complete this task.

****Let the judge know when you are ready to start your skill.**

Basic Health Care Skills

Contestant # _____

First Aid for Bone or Joint Injury

Scenario: You and a friend are hiking in the woods and your friend falls down the hill. Upon finding your friend, you suspect a fracture of the right arm. Your task is to apply a triangle bandage to support the arm so you can make it out of the woods into cell service without any more injury to the arm. You have the supplies on the table and 15 minutes to complete this task.

Criteria	Points	Yes	No
1. Check the scene for safety	20		
2. Checks for consciousness and breathing (pt. is conscious and breathing)	15		
3. provides support for arm while applying	15		
4. positions bandage with long edge on uninjured side	15		
5. brings lower end up over injured arm and over shoulder on injured side	15		
6. ties bandage with square knot, avoiding bony area of neck and places padding between knot and skin	15		
7. Checks to be sure fingers exposed and hand is elevated 5-6 inches above elbow	15		
8. Checks for signs of impaired circulation: pale or cyanotic color, cold to touch, edema, swelling, pain or pressure from bandage, numbness or tingling, poor return of capillary refill (and would loosen sling if impaired circulation)	15		
9. Observes for signs and symptoms of shock and treats as needed.	15		
10. reassures victim while providing first aid	15		
11. Obtains medical help ASAP.	15		
12. Washes hands after getting to facility to be able to do so.	15		
13. Completed skill within time limit (15 minutes)	15		
Total points (possible 200)			

Notes:

Don and Remove Sterile Gloves

Scenario: You are assisting an MD with a sterile procedure. You need to don and remove sterile gloves. During the procedure, your gloves have been contaminated with blood. If throughout this procedure you break sterility, you will be stopped at that step and be awarded the points you have earned up to that point. You have 15 minutes to complete this skill.

***Let the judge know when you are ready to start your skill.

Basic Health Care Skills

Contestant #: _____

Scenario: You are assisting an MD with a sterile procedure. You need to don and remove sterile gloves. During the procedure, your gloves have been contaminated with blood. If throughout this procedure you break sterility, you will be stopped at that step and be awarded the points you have earned up to that point. You have 15 minutes to complete this skill.

Don and Remove Sterile Gloves			
	Points	Yes	No
1. Assemble correct size of gloves	10		
2. Wash hands (ok to verbalize)	10		
3. Open and expose both gloves by holding back the edges of the inner wrapper without breaking sterile field. Can only touch outer 2 inch perimeter with hands.	10		
4. Use thumb and first 2 fingers of hand to apply first glove only touching inside surface of glove without breaking sterile field while applying.	10		
5. Using gloved hand, slide fingers under the cuff of the second glove without breaking sterile field while applying.	10		
6. adjust gloves as necessary without breaking sterile field.	10		
7. State one procedure where sterile gloves are used.	10		
*****Apply artificial blood to gloves for contamination*****	-----	-----	-----
8. Remove first glove by using a gloved hand to grasp the other glove by the outside of the cuff.	10		
9. Remove the glove by pulling it down over the hand turning it inside out and balling it in the palm of gloved hand.	10		
10. Insert your bare fingers inside the cuff of the second glove	10		
11. Pull the glove down gently taking care not to touch the outside of the glove with your fingers.	10		
12. Gloves would be dispensed in biohazard bag due to contamination. (Zero points if thrown in regular trash)	10		
13. Hands were not contaminated with blood (Zero points if contaminated)	10		
14. Verbalize need to wash hands.	10		
15. Completed task within time limit (15 min.)	10		
Total (150 possible)			

Notes: (if broke sterile field, please note where and check no for remainder of skill)

Basic Health Care Skills

Prepared Presentation

Contestant #:

	10	20	30	40	Row Total
Organization	Audience cannot understand presentation because there is no sequence of information	Information follows a logical sequence, but is <5 or >7 minutes in length	Contestant presents information in a logical and timely sequence which audience can follow within the required 5-7 min. time	Contestant presents information in interesting, logical and timely (5-7 min) sequence which audience can follow above and beyond expectation	
Subject Knowledge	Contestant did not prepare a topic that falls under the scope of basic health care skills	Contestant is uncomfortable with information; able to answer only to rudimentary questions	Contestant is at ease with information and expected answers to all questions, but fails to elaborate	Contestant demonstrates full knowledge (more than required) by answering all questions with explanations and elaboration	
Graphics	Display does not follow rules of contest (30"X30"x30") Tri-fold poster is acceptable	Display is correct size, but contains trade names	Display is correct size with no trade names, but visuals were not prepared by student	Display is correct size, trade names are absent, and contestant prepared own visuals	
Mechanics	Four (4) or more spelling and/or grammatical errors	Three (3) or more spelling and/or grammatical errors	No more than (2) spelling and/or grammatical errors	No misspelling or grammatical errors	
Elocution & Eye Contact (Speaking Style)	Contestant reads all the report with no eye contact, mumbles, incorrectly pronounces terms and speaks too quietly for audience to hear	Contestant occasionally uses eye contact, voice is low, incorrectly pronounces terms. Audience has a difficult time hearing presentation.	Contestant maintains eye contact most of the time. Contestant's voice is clear. Pronounces most words correctly. Presentation can be heard by most	Contestant maintains eye contact with audience. Contestant uses clear voice and correct, precise pronunciation of terms. Audience has no problem hearing presentation.	
				Total Points (200)	



Job Application

Date: _____

Contestant #: _____

(for official use only)

Position Desired: _____

Education: Highest Level Attained: _____

Major Area of Study: _____

Attendance Record: Check one Excellent _____ Good _____ Fair _____

Salary Desired: _____

Are you willing to work weekends or holidays? _____

Full time _____ OR Part-time _____

Are you willing to submit to a drug screen today? If not, why not? _____

Emergency Contact: Name: _____ Relationship: _____

Phone Number: _____

3 References who are not relatives: Name and phone number

1) _____

2) _____

3) _____

Past Work Experience: Starting with most recent or current job.

Job Title: _____ Length of employment: _____

Beginning salary \$ _____ Ending salary \$ _____

May we contact previous employer? _____

Job Title: _____ Length of employment: _____

Beginning salary \$ _____ Ending salary \$ _____

May we contact previous employer? _____



Basic Health Care Skills

Skills (Applicable to Position Desired)

Three (3) qualities you possess that make you an outstanding health care worker:

- 1) _____
- 2) _____
- 3) _____

Do you have any licenses or certifications related to this job?

# _____	Expiration Date: _____	Where Obtained: _____
# _____	Expiration Date: _____	Where Obtained: _____

Contest question: since you are wearing a scrub uniform today, how would you describe appropriate attire for a real job interview?

**Thank you
for your interest
and hard work
with the
Skills USA
Organization!**

Job Interview Questions

Contestant # _____

- 1) Why do you want to work in health care? (other than, I want to take care of people)

Appropriateness

1 2 3 4 5

Overall Impression

1 2 3 4 5

- 2) Tell me something you feel you need to improve on. (learning needs, bad habits, temptations, etc)

Appropriateness

1 2 3 4 5

Overall Impression

1 2 3 4 5

- 3) You enter a resident's room and your co-worker is looking through the resident's handbag. She states she is looking for a piece of gum. How should you approach the situation?

Appropriateness

1 2 3 4 5

Overall Impression

1 2 3 4 5

- 4) Tell me your strengths.

Appropriateness

1 2 3 4 5

Overall Impression

1 2 3 4 5

Job Application/Interview Scoring Sheet Contestant # _____

Job Application:

- | | | |
|--|----|-------|
| 1). Handwriting legible/Neat/Black or Blue Ink | 10 | _____ |
| 2). Grammatically correct | 10 | _____ |
| 3). Followed All Directions | 10 | _____ |
| 4). Application Complete | 10 | _____ |
| 5). Answered last "contest question" correctly | 10 | _____ |

Interview:

- | | | |
|---|----|-------|
| 1). Introduces self at start/ thanks interviewer at end | 20 | _____ |
| a. introduce self: 0 or 10 | | |
| b. thank you @ end: 0 or 10 | | |
| 2). Appearance/posture/eye contact/mannerisms | 20 | _____ |
| a. appearance: 0-5 | | |
| b. posture: 0-5 | | |
| c. eye contact: 0-5 | | |
| d. mannerisms: 0-5 | | |
| 3). Listens closely to questions/speaks clearly | 20 | _____ |
| a. listens closely and timely response: 0-10 | | |
| b. speaks clearly: 0-10 | | |
| 4). Appropriateness of answers | 20 | _____ |
| 5: highly appropriate | | |
| 4: very appropriate | | |
| 3: moderately appropriate | | |
| 2: minimally appropriate | | |
| 1: not appropriate | | |
| 5). Overall impression with answers | 20 | _____ |
| 5: highly impressed (exceeds expectations) | | |
| 4: very impressed | | |
| 3: moderately impressed | | |
| 2: minimally impressed | | |
| 1: not impressed | | |

Overall Total (Possible 150): _____

Resume Grading Rubric

Contestant: _____

Instructor: _____

Skill	Outstanding	Good	Average	Unsatisfactory	Total
PRESENTATION/ FORMAT	<ul style="list-style-type: none"> ▪ Typed or computer generated ▪ Balanced margins with eye appeal ▪ Format highlights strengths and information ▪ Appropriate fonts and point size used with variety 	<ul style="list-style-type: none"> ▪ Typed or computer generated ▪ Balanced margins ▪ Format identifies strengths and information ▪ Appropriate fonts and point size used 	<ul style="list-style-type: none"> ▪ Typed or computer generated ▪ Somewhat balanced margins ▪ Format identifies strengths and information ▪ No variation in fonts and/or point size 	<ul style="list-style-type: none"> ▪ Typed or computer generated ▪ Unbalanced margins ▪ Format detracts from strengths and information ▪ Fonts distract from readability 	
Ranking Points	10	8	7	6	
JOB-SPECIFIC / VOLUNTEER INFORMATION	<ul style="list-style-type: none"> ▪ All action phrases used to describe duties and skills ▪ Information demonstrates ability to perform the job ▪ Professional terminology used when describing skills 	<ul style="list-style-type: none"> ▪ 1-2 duties/skills lack action phrases ▪ Information demonstrates ability to perform the job ▪ Some professional terminology used when describing skills 	<ul style="list-style-type: none"> ▪ 3-4 duties/skills lack action phrases ▪ Some information demonstrates ability to perform the job 	<ul style="list-style-type: none"> ▪ 5-6 duties/skills lack action phrases ▪ Information does not clearly demonstrate ability to perform the job 	
Ranking Points	15	12	11	10	
RESUME CONTENT	<ul style="list-style-type: none"> ▪ Heading, objective, skills, experience, and education covered in detail ▪ Extra information given to enhance resume 	<ul style="list-style-type: none"> ▪ Heading, objective, skills, experience, and education covered in some detail ▪ Extra information given to enhance resume 	<ul style="list-style-type: none"> ▪ Heading, objective, skills, experience, and education covered with little detail ▪ Minimal extra information given to enhance resume 	<ul style="list-style-type: none"> ▪ Missing one of the following: heading, objective, experience, or education ▪ No extra information given to enhance resume 	
Ranking Points	15	12	11	10	
SPELLING & GRAMMAR	<ul style="list-style-type: none"> ▪ No spelling errors ▪ No grammar errors 	<ul style="list-style-type: none"> ▪ 1-2 spelling errors ▪ 1-2 grammar errors 	<ul style="list-style-type: none"> ▪ 3-4 spelling errors ▪ 3-4 grammar errors 	<ul style="list-style-type: none"> ▪ 5-6 spelling errors ▪ 5-6 grammar errors 	
Ranking Points	10	8	6	4	
					TOTAL SCORE:

Comments:

Anatomy & Physiology Structure Exam **Spelling Counts*******

Contestant #: _____

1.	26.
2.	27.
3.	28.
4.	29.
5.	30.
6.	31.
7.	32.
8.	33.
9.	34.
10.	35.
11.	36.
12.	37.
13.	38.
14.	39.
15.	40.
16.	41.
17.	42.
18.	43.
19.	44.
20.	45.
21.	46.
22.	47.
23.	48.
24.	49.
25.	50.

Anatomy & Physiology Exam Answer Key.

1. epidermis	26. appendix
2. dermis	27. pharynx
3. subcutaneous	28. esophagus
4. right kidney	29. stomach
5. bladder	30. large intestine
6. urethra	31. small intestine
7. left kidney	32. rectum
8. ureter	33. anus
9. atlas	34. hypothalamus
10. axis	35. pineal gland
11. cervical	36. pituitary gland
12. thoracic	37. thyroid gland
13. lumbar	38. thymus gland
14. sacrum	39. adrenal gland
15. coccyx	40. pancreas
16. clavicle	41. ovary
17. radius	42. testes
18. humerus	43. cardiac muscle
19. ulna	44. skeletal muscle
20. parietal lobe	45. smooth
21. occipital lobe	46. trapezius
22. cerebellum	47. latissimus dorsi
23. frontal lobe	48. sternocleidomastoid
24. temporal lobe	49. deltoid
25. liver	50. triceps