

# NURSE ASSISTING (VIRTUAL)



## PURPOSE

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of nurse assisting.

First, download and review the General Regulations at: <http://updates.skillsusa.org>.

## ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with nurse assisting as the occupational objective.

## CLOTHING REQUIREMENTS

### Class B: Healthcare Attire

- Official blue scrubs.
- Scrubs should fit appropriately for all health contests and should be properly hemmed and wrinkle free. Only plain, white, collarless T-shirts may be worn underneath the scrubs. Hair must be pinned up and off the collar.
- White socks or skin-tone seamless hose.
- Health-professionals white or black leather work shoes.
- Shoes must be all-white or black leather (no canvas), completely enclosed (no open-toe or open-heel). Athletic-style shoes that meet the criteria are acceptable.

### Contest Clothing Notes (Apply ONLY to Virtual Competitions):

- Official SkillsUSA Competition Clothing recommended but NOT required.
- Contestant clothing options include the following:
  - Official Competition Clothing.
  - Trade Appropriate Clothing.
  - Professional Dress.
  - Business Casual.
- Clothing must meet industry safety standards.

- No identification of the contestant, school or state is allowed on clothing.
- No offensive, vulgar or inappropriate images or text are allowed on contestants' clothing.
- No shorts or sleeveless shirts are allowed.
- Skirts must be at least knee-length.
- Proper Personal Protective Equipment (PPE) must be worn by contestant to meet all state, local and school requirements due to COVID-19.
- Scoring deductions may only be given and/or disqualification of contestant if clothing safety standards are not met.

These regulations refer to clothing items that are pictured and described at: [www.skillsusastore.org](http://www.skillsusastore.org). If you have questions about clothing or other logo items, call 1-888-501-2183.

## EQUIPMENT AND MATERIALS

Supplied by the contestant:

1. Computer with high-speed internet capability and camera to use applications such as Zoom, Teams, etc. The minimum recommended internet bandwidth speeds for joining Zoom meetings, accessing on-demand curriculum and other online operations is 2.0 Mbps up and down. You can test your current internet speeds by following this link: [www.speedtest.net](http://www.speedtest.net). Allow the page to load and click on GO.
2. A secondary camera(s) may be required to provide judges with the ability to view contestants from different angles. Additional camera requirements will be located on the SkillsUSA website at <http://updates.skillsusa.org>.
3. A contest Proctor will be required to be on site to assist judges. A local industry expert is preferred to serve as the Proctor and shall not be an individual who has been involved with the training of the contestant(s). The Proctor will serve as the onsite "hands and eyes" for the judges. Proctor will follow instructions from the judges for safety and operations related to the competition. Proctor may be asked by judges to perform several tasks such as operating a portable camera to show specific components or steps, measure

parts, or any task that will provide judges with information needed to assist in accurate scoring of the contestant's work or presentation. However, the Proctor shall not serve as a judge nor have any influence on contestant scores.

4. The contestant's instructor or advisor shall be on-site to observe all competition activities to ensure a safe and healthy competition experience for all participants. That instructor or advisor will not be allowed to interact or interfere with the competitor unless a safety issue arises that requires interaction. Any other support or interaction between the contestant and the instructor/advisor will result in disqualification.
5. All competitors must create a one-page résumé and submit an electronic copy to the technical committee chair at least seven (7) days in advance of the competition. Failure to do so will result in a 10-point penalty. Instructions for submission of the electronic résumé copy will be provided on the SkillsUSA website at <http://updates.skillsusa.org>.
6. All instruments, equipment and materials required for the contest
7. Watch
8. Pen (black ink)
9. Safety glasses/shield
10. Failure to do so will result in a 10-point penalty.

**Note:** Check the Contest Guidelines and/or the updates page on the SkillsUSA website at <http://updates.skillsusa.org>.

## SCOPE OF THE CONTEST

The contest is set within the framework of accepted industry standards.

**Note:** Your contest will conclude at the end of the allotted time scheduled. Plan to remain in the contest area during the scheduled time. No electronics are permitted in the contest area. Students should bring other material, books, magazines, etc. to help occupy idle time.

## Knowledge Performance

The contest includes a written knowledge exam assessing areas that include, but are not limited to, functions of body parts, basic human needs

pertaining to client care, nutrition, observation and assessment, employability skills, safety, communication, infection control, ethics, basic mathematical operations, malpractice and liability issues, and medical terms and abbreviations. The test will be administered during the orientation meeting.

## Skill Performance

The contest includes an assessment of proficiency in the areas of activities of daily living, personal care, CPR, employability assessment, observation and communication skills. This contest also includes knowledge of the nurse assistant scope of practice, work ethics, direct and in-direct patient care, accountability and legal issues, time management, professionalism and professional appearance.

## Contest Guidelines

1. Contestants perform procedures or skills selected from the following list of Standards and Competencies as determined by the SkillsUSA health occupations technical committee.
2. All procedures must be performed using safety precautions and correct body mechanics.
3. All skills demonstrated will be based on nationally accepted accreditation and certification standards.
4. Contestants, as part of the demonstration, should voluntarily express pertinent information.

## Standards and Competencies

**Note for Virtual Competitions:** Contestants may not be required to perform all the standards and competencies listed in this section. However, contestants should be prepared to perform components in all areas. Prior to the competition, the technical committee may determine which standards and competencies contestants will be perform for the virtual contests. The technical committee will determine if additional information is needed for contestants prior to the competition. These changes will be posted on the SkillsUSA Championships contest update website at: <http://updates.skillsusa.org>.

**NA 1.0 — Display knowledge of human anatomy and physiology**

- 1.1 Identify body parts on a mannequin
- 1.2 Apply knowledge of body part function

**NA 2.0 — Employ knowledge of basic client care in the areas of nutrition, medical mathematical operations and malpractice/liability issues**

- 2.1 Explain how basic human needs pertain to client care
- 2.2 Apply knowledge of nutrition
- 2.3 Perform basic mathematical operations, including computations and weights and measures
- 2.4 Describe malpractice and liability issues

**NA 3.0 — Exhibit basic employability skills and professional demeanor when writing a résumé, completing a job application, and interviewing in accordance with work force development guidelines**

- 3.1 Complete an error-free job application and résumé
- 3.2 Demonstrate personal interview skills
- 3.3 Exhibit professionalism in appearance, communications and ethics

**NA 4.0 — Explain infection control and methods of preventing the spread of infections**

- 4.1 Define infection control
- 4.2 Demonstrate correct hand-washing techniques
- 4.3 Discuss appropriate hand hygiene principles
- 4.4 Utilize appropriate personal protective equipment

**NA 5.0 — Perform nurse assistant skills/procedures, including dressing; undressing and bathing patients; providing hair and oral care; and transferring, turning and assisting patients with walking**

- 5.1 Assist patient in dressing and undressing
- 5.2 Provide or assist with bath
- 5.3 Provide hair care
- 5.4 Provide oral hygiene
- 5.5 Demonstrate denture care
- 5.6 Demonstrate use of transfer belt
- 5.7 Assist patient to stand using a transfer belt
- 5.8 Transfer patient to and from wheelchair using a transfer belt

- 5.9 Assist with ambulation
- 5.10 Assist with walker
- 5.11 Turn and position patient
- 5.12 Perform occupied or unoccupied bed making

**NA 6.0 — Implement knowledge of patient care regarding nutrition and elimination**

- 6.1 Assist with nutrition and elimination needs
- 6.2 Identify general/special diets
- 6.3 Assist client with meal tray
- 6.4 Feed client
- 6.5 Measure and record food/fluid intake
- 6.6 Assist client in reaching bathroom or commode
- 6.7 Assist with bedpan
- 6.8 Observe, measure and record urine output

**NA 7.0 — Provide patient with basic nursing procedures and restorative care**

- 7.1 Apply elastic stockings
- 7.2 Assist with or provide range-of-motion exercises
- 7.3 Assist with dangling
- 7.4 Log roll client

**NA 8.0 — Monitor patient's vital signs**

- 8.1 Measure and record radial or apical pulse
- 8.2 Identify pulse sites
- 8.3 Measure and record temperature
- 8.4 Measure and record respiration
- 8.5 Measure and record blood pressure

**NA 9.0 — Perform adult, child and infant CPR and first aid in accordance with current guidelines provided by the American Heart Association and the American Red Cross**

- 9.1 Perform adult, child and infant CPR following current guidelines established by the American Heart Association
- 9.2 Treat a choking patient in an emergency following current guidelines established by the American Red Cross

**NA 10.0 — Communicate effectively with co-workers and clients**

- 10.1 Demonstrate ability to modify communication to meet client needs
- 10.2 Use medical terms and abbreviations correctly

- 10.3 Display sensitivity to multicultural and multilingual needs

**NA 11.0 — Manage patient care to prevent legal issues**

- 11.1 Observe all aspects of patient confidentiality
- 11.2 Ask for clarification when needed
- 11.3 Identify patient prior to providing care
- 11.4 Observe, report and document pertinent patient data

**Committee Identified Academic Skills**

The technical committee has identified that the following academic skills are embedded in this contest.

**Math Skills**

- Use fractions to solve practical problems.
- Simplify numerical expressions.
- Solve problems using proportions, formulas and functions.
- Perform basic mathematical computations.
- Convert between metric and household measurements.

**Science Skills**

- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems).
- Describe basic needs of organisms.
- Classify living organisms.
- Use knowledge of temperature scales, heat, and heat transfer.
- Describe the ideal environment for microorganism growth.
- Prevent transmission of microorganisms.

**Language Arts Skills**

- Provide information in conversations and in group discussions.
- Provide information in oral presentations.
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice.
- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information.
- Demonstrate comprehension of a variety of informational texts.
- Use text structures to aid comprehension.

- Organize and synthesize information for use in written and oral presentations.
- Demonstrate knowledge of appropriate reference materials.
- Use print, electronic databases and online resources to access information in books and articles.
- Demonstrate narrative writing.
- Demonstrate informational writing.
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing.

**Connections to National Standards**

State-level academic curriculum specialists identified the following connections to national academic standards.

**Math Standards**

- Numbers and operations.
- Algebra.
- Geometry.
- Measurement.
- Data analysis and probability.
- Problem solving.
- Communication.
- Connections.
- Representation.

*Source:* NCTM Principles and Standards for School Mathematics. For more information, visit: <http://www.nctm.org>.

**Science Standards**

- Understands the principles of heredity and related concepts.
- Understands the structure and function of cells and organisms.
- Understands the nature of scientific inquiry.

*Source:* McREL compendium of national science standards. To view and search the compendium, visit: <http://www2.mcrel.org/compendium/browse.asp>.

**Language Arts Standards**

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies and their

understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).

- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).

**Source:** IRA/NCTE Standards for the English Language Arts.

To view the standards, visit: [www.ncte.org/standards](http://www.ncte.org/standards).