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

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

**Clothing Requirements**

**Healthcare Attire**
- Official school clinical uniform with identification removed/concealed.
- 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.
- Only one stud or small hoop earring in each ear is allowed. No facial piercings are allowed. All visible tattoos (including those on hands, arms, and the neck or chest must be covered.

*Note:* Contestants must wear their official contest clothing to the contest orientation meeting. Also bring #2 pencil, resume and safety assurance form.

**Equipment and Materials**
1. Supplied by the technical committee:
   a. All instruments, equipment and materials required for the contest
2. Supplied by the contestant:
   a. Watch
   b. Pen (black ink)
   c. Safety glasses/shield
   d. All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a 10-point penalty.

*Note:* Your resume may be judged as part of your contest” Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: [http://www.nysskillsusa.org](http://www.nysskillsusa.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**

**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 workforce 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