SkillsUSA Nurse Assisting Virtual Project

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

Contestants are to complete four skill demonstrations. The scenarios will require the use of critical thinking skills, communication, and demonstration of professionalism.

Contestant number must be visible at all times

Knowledge Performance
The contest will include a Resume, Written Submission, and Video. See NYS SkillsUSA Virtual Technical Standards for competencies measured.

Contest Information (All items must be received by due date)

- **PDF Resume**
  - Upload one file with all contestant’s one-page resume’s and include the digital link(s) to Written Submission and Zoom Recording

Video of Demonstrated Procedures

- Video all demonstrations in order in a consecutive stream. Ensure all task stations and simulated patients are prepared prior to launching the video session.
- Contestants should be filmed with one camera (it is recommended to use cell phones for the video) that is focused directly on the contestant and their patient, and one camera that shows the environment they are working in. The secondary camera is to ensure no assistance in being provided to the contestant.
- Ensure audio is quality so judges can record audible directions that are part of some task requirements.

Written Submission

- Complete documentation for all five tasks into one file and save as a PDF. Task 1-4 should be sent with resume. Task #5: The worksheets and written test will be sent to the advisor. They should not be shown to the student ahead of the contest and should be proctored. This task does not need to be recorded.
- Upload written submission to the link given to you for the documents.

Scoring Information
The following pre-submission items will be judged by industry professionals prior to virtual in-person Zoom session.

1. Resume with embedded links to written submission and video of student completing the tasks.
2. Written submission
3. Video presentation of contestant completing assigned tasks.

Zoom Interview/Role Play
You will receive a specified time to participate in a virtual interview/role play via Zoom with industry professionals. You should be dressed in your contest attire for this session. You will be asked questions about your resume and your completed tasks. Date is April 14, 2021.
Task #1
HANDWASHING AND GLOVE APPLICATION/REMOVAL
5 minutes

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

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

*In all remaining tasks, you will be expected to verbalize hand hygiene, at proper times during each task. You may still apply and remove gloves when needed.

Contestant should be recorded completing the assigned task using one camera focused close on the student and an additional camera at a distance to show their lab space.

Task #2
Perform Adult CPR with AED
10 minutes

ASSIGNMENT: Perform Adult CPR and use AED when appropriate. Perform for 2 minutes and reassess.

SITUATION: You find the ADULT patient unresponsive on the floor

Contestant should be recorded completing the assigned task using one camera focused close on the student and an additional camera at a distance to show their lab space. Contestant should verbalize their actions as they are taking place to assist judges with scoring.
Task #3
Transfer
10 minutes

SITUATION: Mrs. Jones needs to go to physical therapy. Please transfer her from her bed to her wheelchair. (A suitable volunteer or manikin can be used as determined by proctor/contestant, to follow safe COVID-19 precautions).

Contestant should be recorded completing the assigned task using one camera focused close on the student and their patient. An additional camera at a distance to show their lab space. Contestant should verbalize their actions as they are taking place to assist judges with scoring.

Task #4
Urinary Drainage Bag
10 minutes

SITUATION: Mr. Jones is a 65-year-old male who is recovering from a fall. Empty contents of resident’s urinary drainage bag, and measure and record urine output on and Intake Output (I&O) form.

Contestant should be recorded completing the assigned task using one camera focused close on the student and their patient. An additional camera at a distance to show their lab space. Contestant should verbalize their actions as they are taking place to assist judges with scoring.

Task #5

Written Submission: A&P and written exam sent to advisor
NYS 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.

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

**Clothing Requirements**
Healthcare Attire
- 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
- 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.
- Clothing must meet industry safety standards.
- No identification of the contestant, school or state is allowed on clothing.
- 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.

**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: [https://www.speedtest.net/](https://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 NYS SkillsUSA.
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 contestants work or presentation. However, the Proctor shall not serve as a judge nor have any influence on contestant scores.

4. The contestants 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.

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.

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

**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. These are the standards that nationals will be using. Technical committee will determine if additional information is needed for contestants prior to the competition.
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
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