LEVEL UP 2026 - 2027

NYS SkillsUSA

NURSE ASSISTING

PURPOSE

To evaluate each competitor'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

NYS Health Care Attire:

- Official school clinical scrubs uniform with identification removed/concealed. Only plain white, collarless shirts may be worn underneath the scrub top.
- Health professional's white leather work shoes, white socks, or skin-tone seamless hose. Shoes must be "all-white" leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the criteria are acceptable.
- Hair must be pinned up and off the collar. Away from the face and neck.
- Nails should be cleaned, short and without nail polish. No artificial nails (which can harbor bacteria) no heavy makeup, no heavy body scents.
- Jewelry: 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. No facial or tongue rings allowed.
- Competitors should exhibit professional appearance and conduct during the contest.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:
   a. All instruments, equipment and materials required for the competition
2. Supplied by the competitor:
   a. Pen (black ink)
   b. #2 Pencil (sharpened)
   c. Safety glasses/shield
   d. A copy of current certification(s) at orientation in CPR/AED two-man system and First Aid from any of the following organizations: the American Red Cross, American Heart Association, American Health and Safety Institute or the National Safety Council
   e. Recommended you bring a snack and a warm coat regardless of the weather sometimes our area takes some time to warm up.

RESUME REQUIREMENT

Competitors must create a one-page resume to submit at orientation.

DEVICES

Cell phones, smart glasses or other electronic devices will be collected by the contest chairperson during the competition. No electronics are permitted in the competition area. Advisors should allow the competitors to take their phones to the contest areas in case there is an emergency

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

Note: Your competition will conclude at the end of the allotted time scheduled. Plan to remain in the competition area during the scheduled time. Students can bring pre-approved non-competition

SCOPE OF THE COMPETITION

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

KNOWLEDGE PERFORMANCE

The competition 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 competition written test will be given on the night of orientation. Competitors are required to take the NYS SkillsUSA professional development test at orientation.

SKILL PERFORMANCE

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

COMPETITION GUIDELINES

1. Competitors perform procedures or skills selected from the following list of standards and competencies as determined by the chairperson.
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. Competitors, 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, 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
8.6. Recognize vital signs which are outside normal limits.

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 Heart Association

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