

# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: \_\_\_\_\_

## Assisting to Ambulate with Cane or Walker - 4.02A

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

- |                          |                                                                                                                                                                           |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 1. Knock before entering room. Address resident by name.                                                                                                                  |
| <input type="checkbox"/> | 2. State your name and title. Identify resident.                                                                                                                          |
| <input type="checkbox"/> | 3. Explain procedure and obtain permission maintaining face to face contact whenever possible.                                                                            |
| <input type="checkbox"/> | 4. Wash hands. Assemble equipment. Provide privacy.                                                                                                                       |
| <input type="checkbox"/> | 5. Assist the resident with putting on robe and non-skid footwear.                                                                                                        |
| <input type="checkbox"/> | 6. Place the gait belt around the resident's waist.                                                                                                                       |
| <input type="checkbox"/> | 7. Assist resident to stand allowing time to gain balance.                                                                                                                |
| <input type="checkbox"/> | 8. Stand on the resident's weaker side, place one hand on the gait belt in front and one hand on the gait belt in the back. Walk in the same pattern as the resident.     |
| <input type="checkbox"/> | 9. When ambulating in the hallway with a hand rail, encourage the resident to hold on to the handrail with the stronger arm while you walk on the opposite (weaker) side. |

### If using Cane:

- |                          |                                                                                                                                                                                                |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 10. Check cane to assure the rubber tip is in place. Place the cane in the patient's stronger hand.                                                                                            |
| <input type="checkbox"/> | 11. Instruct the resident to move the cane forward 6-8 inches and to the outside of the stronger leg.                                                                                          |
| <input type="checkbox"/> | 12. Assist the resident with stepping forward with the weaker leg.<br>The toe of the weaker foot should be even with the tip of the cane.                                                      |
| <input type="checkbox"/> | 13. Instruct the resident to put weight on the cane and the weaker leg as the same time while stepping forward with the stronger leg so that the stronger foot is now next to the weaker foot. |
| <input type="checkbox"/> | 14. Walk in the same pattern as the patient.                                                                                                                                                   |

### If using a Walker:

- |                          |                                                                                                                                                                      |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 15. Check walker to assure rubber tips are in place. Assist the resident with positioning within the frame of the walker.                                            |
| <input type="checkbox"/> | 16. Instruct the resident to move the walker forward by lifting it and setting it down if it is a non-wheeled walker or rolling the walker forward if it has wheels. |
| <input type="checkbox"/> | 17. Assist the resident with taking a step forward into the walker with the weaker leg.                                                                              |
| <input type="checkbox"/> | 18. Instruct the resident to move the strong leg forward.                                                                                                            |
| <input type="checkbox"/> | 19. Walk in the same pattern as the patient.                                                                                                                         |
| <input type="checkbox"/> | 20. Encourage resident to keep chin up and eyes looking forward.                                                                                                     |
| <input type="checkbox"/> | 21. Ambulate the distance instructed by the charge nurse.                                                                                                            |
| <input type="checkbox"/> | 22. Return to bed or chair. Remove gait belt.                                                                                                                        |
| <input type="checkbox"/> | 23. Provide for safety and comfort with call signal in reach.                                                                                                        |
| <input type="checkbox"/> | 24. Wash hands. Record actions and report any abnormal observations to supervisor.                                                                                   |

Instructor's Initials: \_\_\_\_\_ Date: \_\_\_\_\_