



# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


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

## Range of Motion - 4.02C

*A modification of this skill may be required during NNAAP® testing*

 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.

Equipment: Bath blanket, towel, top bed sheet, or bed spread for privacy.

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|  | 1. Knock before entering room. Address resident by name.  |
|  | 2. State your name and title. Identify resident.  |
|  | 3. <u>Explain procedure and obtain permission maintaining face to face contact whenever possible.</u>   |
|  | 4. Wash hands. Assemble equipment.  |
|  | 5. <u>Provide privacy.</u>  |
|  | 6. Provide for resident safety then raise bed to best level for body mechanics.   |
|  | 7. Keep resident covered as much as possible using top bed sheet, bed spread, towel, or bath blanket.   |
|  | 8. Place in supine position in good body alignment.   |
|  | 9. <u>BEFORE starting the exercise, instruct resident to inform nurse aide if pain is experienced during exercise.</u>  |
|  | 10. <b><u>Support the limb being exercised; move joint gently, slowly, and smoothly through the range of motion, discontinue exercise if resident verbalizes pain.</u></b>  |
|  | 11. <b>Exercise neck:</b>   |
|  | <input type="checkbox"/> Head flexion, extension and hyperextension   |
|  | <input type="checkbox"/> Head right and left rotation   |
|  | <input type="checkbox"/> Head right and left lateral flexion  |
|  | 12. <b>Exercise shoulder:</b>   |
|  | <u>Support resident's arm by placing one hand at the elbow and the other hand at the wrist (supporting upper and lower arm)</u>   |
|  | <input type="checkbox"/> <u>Shoulder flexion and extension: Raise resident's straightened arm from side position to the front toward head to at least the ear level and return arm to side of body at least three times (toy soldier)</u> |
|  | <input type="checkbox"/> <u>Shoulder abduction and adduction: Move resident's straightened arm away from the side of the body to shoulder level and return to side of body three times unless pain is verbalized. (snow angel)</u>        |
|  | <input type="checkbox"/> Shoulder internal and external rotation  |
|  | <input type="checkbox"/> Shoulder horizontal abduction and adduction  |
|  | 13. <b>Exercise elbow flexion and extension</b>   |
|  | Supported the resident's arm by placing one hand on the elbow and the other on the wrist  |
|  | <input type="checkbox"/> Flexed the elbow by bending the forearm and hand up to the shoulder  |
|  | <input type="checkbox"/> Extended the elbow by moving the forearm and hand down to the side, or straightening the arm   |
|  | 14. <b>Forearm pronation and supination</b>   |
|  | Supported the resident's arm by placing one hand on the elbow and the other on the wrist  |
|  | <input type="checkbox"/> Pronated by turning the forearm and hand so that the palm of the hand is down  |
|  | <input type="checkbox"/> Supinated by turning the forearm and hand so that the palm of the hand is up   |

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|  | <p>15. <b>Exercise the wrist</b><br/>Supported the resident's wrist by placing one hand above it and the other hand below it</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flexed the wrist by bending the hand down toward the forearm</li> <li><input type="checkbox"/> Extended the wrist by straightening the hand</li> <li><input type="checkbox"/> Hyperextended the wrist by bending the top of the hand back toward the forearm</li> <li><input type="checkbox"/> Deviated the wrist in an ulnar direction by moving the hand toward the little finger</li> <li><input type="checkbox"/> Deviated the wrist in a radial direction by moving the hand toward the thumb</li> </ul>   |
|  | <p>16. <b>Exercised the fingers and thumb</b><br/>Supported the resident's hand by placing one hand at the wrist</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flexed the thumb and fingers by bending them toward the palm</li> <li><input type="checkbox"/> Extended the thumb and fingers by straightening them</li> <li><input type="checkbox"/> Abducted the thumb and fingers by spreading them apart</li> <li><input type="checkbox"/> Adducted the thumb and fingers by moving them together</li> <li><input type="checkbox"/> Performed opposition by touching the thumb to the tip of each finger</li> <li><input type="checkbox"/> Circumducted the thumb by moving it in a circular motion.</li> </ul>   |
|  | <p>17. <b>Uncover the nearest leg.</b></p>   |
|  | <p>18. <b>Exercise hip:</b><br/>Supported the resident's leg by placing one hand under the knee and the other under the ankle</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Abducted the hip by moving the entire leg out to the side</li> <li><input type="checkbox"/> Adducted the hip by moving the entire leg back toward the body</li> <li><input type="checkbox"/> Flexed the hip by bending the knee and moving the thigh up toward the abdomen</li> <li><input type="checkbox"/> Extended the hip by straightening the knee and moving the leg away from the abdomen</li> <li><input type="checkbox"/> Medially rotated the hip by bending the knee and turning the leg in toward the midline</li> <li><input type="checkbox"/> Laterally rotated the hip by bending the knee and turning the leg out away from the midline</li> </ul> |
|  | <p>19. <b>Exercised the knee:</b><br/><u>Supported the resident's leg by placing one hand under the knee and the other under the ankle</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Flexed the knee by bending the lower leg back toward the thigh</u></li> <li><input type="checkbox"/> <u>Extended the knee by straightening the leg back to normal position</u></li> </ul>  |
|  | <p>20. <b>Exercise ankle:</b><br/><u>Supported the resident's foot and ankle close to the bed</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Dorsiflexed the ankle by moving the toes and foot up toward the knee/head</u></li> <li><input type="checkbox"/> <u>Plantar flexed the ankle by moving the toes and foot down away from the knee/head</u></li> <li><input type="checkbox"/> Inverted the foot by gently turning it inward</li> <li><input type="checkbox"/> Everted the foot by gently turning it outward</li> </ul>   |
|  | <p>21. <b>Exercise the toes:</b><br/>Rest the resident's leg and foot on the bed for support</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Abducted the toes by separating them, or moving them away from each other</li> <li><input type="checkbox"/> Adducted the toes by moving them together</li> <li><input type="checkbox"/> Flexed the toes by bending them down toward the bottom of the foot</li> <li><input type="checkbox"/> Extending the toes by straightening them</li> </ul>  |
|  | <p>22. Repeat exercise on opposite side of body after providing for resident safety.</p>   |
|  | <p>23. Replace bed linens to cover the resident in a comfortable manner</p>  |
|  | <p>24. Return bath blanket or equivalent to appropriate place.</p>   |
|  | <p>25. <u>Provide for safety and comfort with call signal in reach and bed in low position.</u></p>  |
|  | <p>26. <u>Wash hands.</u></p>  |
|  | <p>27. Record actions and report any abnormal observations to supervisor.</p>  |

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