NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: ____________________________

Range of Motion - 4.02C  
*A modification of this skill may be required during NNAAP® testing*

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.</td>
<td></td>
</tr>
<tr>
<td>During skill check-off, the student must perform the skill unassisted with 100% competence.</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

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

1. Knock before entering room. Address resident by name.
2. State your name and title. Identify resident.
3. Explain procedure and obtain permission maintaining face to face contact whenever possible.
5. Provide privacy.
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. BEFORE starting the exercise, instruct resident to inform nurse aide if pain is experienced during exercise.
10. **Support the limb being exercised: move joint gently, slowly, and smoothly through the range of motion, discontinue exercise if resident verbalizes pain.**
11. **Exercise neck:**
   - Head flexion, extension and hyperextension
   - Head right and left rotation
   - Head right and left lateral flexion
12. **Exercise shoulder:**
    - Support resident’s arm by placing one hand at the elbow and the other hand at the wrist (supporting upper and lower arm)
    - 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)
    - 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)
    - Shoulder internal and external rotation
    - Shoulder horizontal abduction and adduction
13. **Exercise elbow flexion and extension**
    - Supported the resident’s arm by placing one hand on the elbow and the other on the wrist
    - Flexed the elbow by bending the forearm and hand up to the shoulder
    - Extended the elbow by moving the forearm and hand down to the side, or straightening the arm
14. **Forearm pronation and supination**
    - Supported the resident’s arm by placing one hand on the elbow and the other on the wrist
    - Pronated by turning the forearm and hand so that the palm of the hand is down
    - Supinated by turning the forearm and hand so that the palm of the hand is up
15. **Exercise the wrist**
   - Supported the resident’s wrist by placing one hand above it and the other hand below it
     - Flexed the wrist by bending the hand down toward the forearm
     - Extended the wrist by straightening the hand
     - Hyperextended the wrist by bending the top of the hand back toward the forearm
     - Deviated the wrist in an ulnar direction by moving the hand toward the little finger
     - Deviated the wrist in a radial direction by moving the hand toward the thumb

16. **Exercise the fingers and thumb**
   - Supported the resident’s hand by placing one hand at the wrist
     - Flexed the thumb and fingers by bending them toward the palm
     - Extended the thumb and fingers by straightening them
     - Abducted the thumb and fingers by spreading them apart
     - Adducted the thumb and fingers by moving them together
     - Performed opposition by touching the thumb to the tip of each finger
     - Circumducted the thumb by moving it in a circular motion.

17. **Uncover the nearest leg.**

18. **Exercise hip:**
   - Supported the resident’s leg by placing one hand under the knee and the other under the ankle
     - Abducted the hip by moving the entire leg out to the side
     - Adducted the hip by moving the entire leg back toward the body
     - Flexed the hip by bending the knee and moving the thigh up toward the abdomen
     - Extended the hip by straightening the knee and moving the leg away from the abdomen
     - Medially rotated the hip by bending the knee and turning the leg in toward the midline
     - Laterally rotated the hip by bending the knee and turning the leg out away from the midline

19. **Exercise the knee:**
   - Supported the resident’s leg by placing one hand under the knee and the other under the ankle
     - Flexed the knee by bending the lower leg back toward the thigh
     - Extended the knee by straightening the leg back to normal position

20. **Exercise ankle:**
    - Supported the resident’s foot and ankle close to the bed
      - Dorsiflexed the ankle by moving the toes and foot up toward the knee/head
      - Plantar flexed the ankle by moving the toes and foot down away from the knee/head
      - Inverted the foot by gently turning it inward
      - Everted the foot by gently turning it outward

21. **Exercise the toes:**
    - Rest the resident’s leg and foot on the bed for support
      - Abducted the toes by separating them, or moving them away from each other
      - Adducted the toes by moving them together
      - Flexed the toes by bending them down toward the bottom of the foot
      - Extended the toes by straightening them

22. Repeat exercise on opposite side of body after providing for resident safety.

23. Replace bed linens to cover the resident in a comfortable manner

24. Return bath blanket or equivalent to appropriate place.

25. Provide for safety and comfort with call signal in reach and bed in low position.

26. Wash hands.

27. Record actions and report any abnormal observations to supervisor.

Instructor’s Initials: ___________________________ Date: ________________