



# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


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

## Counting Respirations 4.01H

*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: Watch with second hand, notepad, and pen.

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|  | 1. Knock before entering room  |
|  | 2. Address resident by name  |
|  | 3. State your name and title   |
|  | 4. Identify resident   |
|  | 5. Explain procedure and obtain permission   |
|  | 6. Provide privacy   |
|  | 7. Wash hands  |
|  | 8. After taking the apical or radial pulse rate, leave stethoscope or fingers in place and count number of times chest rises and falls. One rise and one fall of chest counts as one respiration. <i>For NNAAP skill testing it is OK to say that you will be counting respirations.</i> |
|  | 9. Count respirations for 30 seconds and multiply by 2. If irregular count for one full minute. <i>For NNAAP skill testing count for ONE FULL MINUTE.</i>  |
|  | 10. Wash hands <b>BEFORE RECORDING</b>   |
|  | 11. Record resident's name, pulse and respirations on notepad. <b><i>For NNAAP testing the rate counted must be within plus or minus 2 breaths of evaluator's reading.</i></b>   |
|  | 12. Provide for comfort and safety with call signal in reach   |
|  | 13. Record respirations and report any abnormal reading to supervisor  |

### Practice Tip:

When the resident is lying down, it may be easier to count the respirations by looking at the abdomen rather than putting a hand on the shoulder.

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