




NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: _____

Assisting Resident to Cough and Deep Breathe - 4.02G

 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.

	1.	Assist the resident into a sitting position. If patient cannot sit up, raise the head of bed to Fowler's position.
	2.	If the patient had abdominal surgery, place a small pillow over the incision and ask the resident to hold it firmly against their body
		Instruct the resident to use the chest and abdominal muscles to:
	3.	<input type="checkbox"/> Breathe in slowly through the nose <input type="checkbox"/> Hold each breath for 3-4 seconds <input type="checkbox"/> Breathe out slowly through the mouth (pursed lips helps with this)
	4.	Deep breathing exercises should be performed 5-10 times every 2 hours while the patient is awake
		Coughing exercises:
	5.	Follow steps 1-3. As the patient breathes out, instruct resident to cough with mouth open
	6.	Coughing exercises should be performed at least every 2 hours while the patient is awake
	7.	If patient is able to cough up secretions, dispose of secretions in tissue(s). If the patient coughs up bloody, brown, yellow, or green secretions tell the charge nurse.
	8.	Wash hands.
	9.	Provide resident safety, bed locked in low position, and call signal in reach.
	10.	Record actions and report any abnormal observations to supervisor.

Instructor's Initials: _____ Date: _____

Teaching Tip: Secure and demonstrate for students the breathing spirometers use in medical facilities.