

NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: _____

Giving a Back Rub - 5.01N

This skill MUST BE TAUGHT.
However, individual skill competence check is NOT required for this skill.

Equipment: Bath towel, washcloth, basin of warm water, soap, lotion, bath blanket or equivalent, gloves (optional)

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| | 1. Knock before entering room. Address resident by name. State your name and title. |
| | 2. Identify resident. Explain procedure and obtain permission. |
| | 3. Wash hands. |
| | 4. Assemble equipment and place lotion in warm water. |
| | 5. Provide privacy. |
| | 6. Provide for resident safety and elevate bed to comfortable working level. |
| | 7. Cover resident with bath blanket or equivalent and fanfold linen to bottom of bed. |
| | 8. Put on gloves. (Optional) |
| | 9. Position resident in prone or side-lying position so back is toward you, providing for safety of resident. |
| | 10. Position towel on bed next to back. |
| | 11. Expose, wash, and dry back, if necessary, and examine for pressure areas. Do not massage reddened areas. |
| | 12. Put small amount of lotion in your hands and apply to back. |
| | 13. Stroke upward from base of spine to neck, around shoulders and down sides of back and upper area of buttocks for 3 to 5 minutes using circular motions and long, smooth, firm strokes. |
| | 14. Straighten and tighten bottom sheet, pull up top linen and remove bath blanket without exposing resident. |
| | 15. Lower bed. |
| | 16. Clean and return equipment to proper place. |
| | 17. Remove gloves and wash hands. |
| | 18. Provide for resident safety and comfort with bed locked and low with call signal in reach. |
| | 19. Record actions and report any abnormal observations to supervisor. |