



NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: _____

Position Resident on Side - 5.02B

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: Pillows or positioning devices, folded blankets, folded towels with pillow case covering them. Items used to position may vary.

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| | 1. Assemble equipment. Knock before entering room. |
| | 2. Greet and identify resident. State your name and title. |
| | 3. Explain procedure and obtain permission maintaining face-to-face contact whenever possible. |
| | 4. Wash hands. |
| | 5. Provide privacy. |
| | 6. Assure bed wheels are locked. |
| | 7. Provide for resident safety and then raise bed to best level for body mechanics. |
| | 8. Lower head of bed to flat position. |
| | 9. Stand on opposite side of bed to which you will turn resident. |
| | 10. Move resident to side of bed nearest you. (This step is very important. Moving the client to the side makes room for the torso when the client is turned and prevents patient's face from hitting the side rail. Especially for larger residents.) |
| | 11. Cross resident's arms over chest. |
| | 12. Cross leg nearest you over opposite leg. |
| | 13. Elevate the side rail, and then go to opposite side of bed. |
| | 14. With the side rail up on the working side, gently roll client onto their side as one unit, toward you and the raised side rail. Use open hands with gently curved fingers. |
| | 15. Position in good body alignment. |
| | 16. <u>Place or adjust</u> pillow under head and shoulder. |
| | 17. Assure client is not lying on arm and flex lower arm at elbow. |
| | 18. Support top arm, flexed at elbow, with supportive device or pillow. |

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| | 19. Place supportive device behind client's back. |
| | 20. Place supportive device or pillow between legs with top knee flexed; top knee and ankle supported. Be sure both the knee AND the ankle are supported. It may take more than one pillow to support the knee AND ankle. |
| | 21. Provide for resident safety. Call signal in reach and bed in low position. |
| | 22. Wash hands. |
| | 23. Record actions and report any abnormal observations to supervisor. |

Instructor's Initials: _____ Date: _____

NNAAP® Tip:

When taking the NNAAP® skill exam be sure to at least touch the head pillow. If the head pillow is in place by default, touch the pillow and say I am adjusting the pillow. For NNAAP® testing, this is the only skill that requires use of the siderail. The client/resident is an "easy" client for NNAAP® testing.