



Restorative Nurse Aide Skills Competency Check Off



<p>Do not record the check off of skills on this document as it is for information purposes only!</p> <p>Skills competency must be recorded in the student's "Restorative Nurse Aide" tab in their FACETS Healthcare Training account.</p>
Skill Name
<p>Evaluator checkoff instructions:</p> <ol style="list-style-type: none"> 1. Review the "Equipment List" 2. Set up room for skills check off 3. Observe the student demonstrates each skill
<p>Evaluator observes demonstration of Indirect Care in each skill:</p> <ul style="list-style-type: none"> • Practices Standard Precautions • Explains care to client • Respects client's rights to privacy, choice, communication, etc. • Uses proper body mechanics • Follows the restorative plan of care
<p>1. Draping: Upper Extremity sitting – gown draped under armpit & tied supine – sheet draped under axilla</p>
<p>2. PROM: Upper Extremity - supine</p> <ol style="list-style-type: none"> a. Shoulder: Flex/Ext Abd/Add IR/ER @ 45° or 90° degrees at the shoulder b. Elbow: Flex/Ext Pronation/Supination c. Wrist: Flex/Ext d. Finger: Flex/Ext
<p>3. Draping: Lower Extremity supine – sheet taken between legs, behind & around to front of hip of LE to be exposed</p>
<p>4. PROM: Lower Extremity - supine</p> <ol style="list-style-type: none"> a. Hip & Knee: Flex/Ext b. Hip: Abd/Add IR/ER (LE rolling or in 90/90 position) c. Ankle: DF/PF INV/EV d. Toe: Flex/Ext
<p>5. Lower Extremity Stretching</p> <ol style="list-style-type: none"> a. Gastroc/Calf Stretch – client heel supported in your hand/foot resting up forearm, use shift of your weight toward client's head to assist in stretch b. Hamstring Stretch – sup 90/90 stretch resting client's lower leg on your shoulder. Use shift of your body upward to assist in stretching

6. Bed Mobility

- a. Rolling instruction
- b. Supine to/from sitting min/mod a

Evaluator Observed Verbal or Physical Demonstration of:

- Locking wheelchair brakes
- Use of gait belt
- Standing on client’s weak side to assist
- Transferring toward client’s strong side
- Blocking of correct LE/LEs depending on type of transfer
- Removal of armrest PRN depending on transfer

7. Wheelchair Elevating Leg Rests:

- a. Elevate, lower describe how to adjust length
- b. Remove, put back on, swing away

8. Transfers:

- a. Sit to stand- assisting ortho client up to walker with WB restrictions (keep surgical leg positioned forward)
- b. Sit to stand -assisting client hemiplegia or one-sided weakness up to walker
- c. 1 person half stance pivot ortho vs one weak leg vs bilat LE weakness (demo one, verbalize difference in each scenario regarding blocking of LEs)
- d. 2 person half stance pivot (second person standing in angle between wc & bed to assist hips over to bed)

9. Gait

- a. Instruction on step to gait pattern with walker for client with WB restrictions
- b. Verbalize difference between step to & step through gait pattern.

10. Lift devices – mechanical lift & standup lift. May demo if time permits or based on available equipment.

Review:

- a. Indications for use
- b. Functionality
- c. Precautions

Skills Competency Evaluator Comments:
