

## Nurse Assisting Blueprint

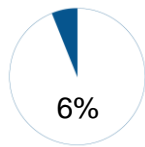
This Blueprint contains the subject matter content for the Career Essentials - Assessment.

**Note:** To fully prepare for the [Nurse Assisting](#) SkillsUSA Championships contest, refer to the current year's SkillsUSA Championships Technical Standard, now included with your SkillsUSA Professional Membership. If you need help in accessing this benefit, contact the SkillsUSA Customer Care Team at 844-875-4557 or [customercare@skillsusa.org](mailto:customercare@skillsusa.org)

### Standards and Competencies

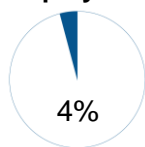
Competencies are weighted throughout the assessment. The percent shown is the weight of the competency. There are 50 questions per assessment.

#### Display knowledge of human anatomy and physiology



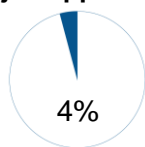
- Identify body parts on a mannequin
- Demonstrate knowledge of the function of basic body parts

#### Employ knowledge medical mathematical operations



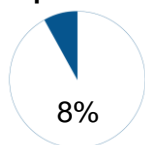
- Perform basic mathematical operations, including computations and weights and measures

#### Exhibit basic employability skills and professional demeanor when writing a résumé, completing a job application, and interviewing in accordance with workforce development guidelines



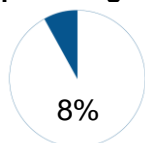
- Complete an error-free job application and résumé
- Demonstrate personal interview skills
- Exhibit professionalism in appearance
- Communicate professionally with both co-workers, supervisors and patients
- Demonstrate an understanding of the importance of ethical behavior in the workplace

#### Explain infection control and methods of preventing the spread of infections



- Define infection control
- Discuss appropriate hand hygiene principles
- Demonstrate correct hand-washing techniques
- Select and demonstrate use of appropriate personal protective equipment (i.e. gloves, masks, gowns)

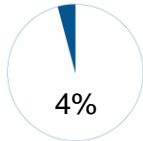
#### Perform nurse assistant skills/procedures including dressing, undressing and bathing patients, providing hair and oral care, and transferring, turning and assisting patients with walking



- Assist patient in dressing and undressing
- Provide or assist with bath
- Provide hair care
- Provide oral hygiene
  - Demonstrate denture care
- Demonstrate use of transfer belt
  - Assisting patient to stand using a transfer belt
  - Transfer patient to and from wheelchair using a transfer belt
- Assist with ambulation

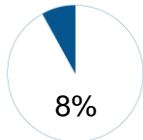
- Assist with assistive device (i.e. walker, cane)
- Turn and position patient
- Perform occupied and unoccupied bed making

**Implement knowledge of patient care regarding nutrition and elimination**



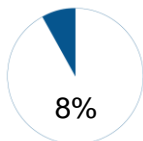
- Define nutrition
- Identify general/special diets and the reasons for them
- Ensure that the meal served matches the patient dietary needs
- Assist patient with meal tray
- Feed patient
- Measure and record food/fluid intake accurately
- Assist with bedpan
- Assist with hygiene as needed following elimination
- Observe, measure and record output
  - Urine
  - Feces
  - Identify when to report abnormal findings

**Provide patient with basic nursing procedures and restorative care**



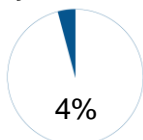
- Assist with or provide, range-of-motion exercises
- Assist with dangling

**Monitor patient's vital signs**



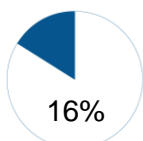
- Measure and record radial or apical pulse
- Identify pulse sites
- Measure and record temperature
- Measure and record respiration
- Measure and record blood pressure
- Recognize normal values for vital signs and take appropriate measures when necessary

**Perform adult, child and infant CPR and first aid in accordance with current guidelines provided by the American Heart Association or the American Red Cross**



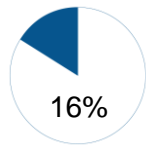
- Perform CPR
  - On an adult
  - On a child
  - On an infant
- Treat a choking patient in an emergency.
  - On an adult
  - On a child
  - On an infant

**Communicate effectively with co-workers and patients**



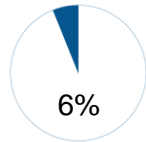
- Demonstrate ability to modify communication to meet patient needs
- Use medical terms and abbreviations correctly
- Display sensitivity to multicultural and multilingual needs

### Manage patient care to prevent legal issues



- Observes all aspects of patient confidentiality
- Identify patient prior to providing care
- Observe, report and document pertinent patient data
- Describe malpractice, negligence and liability issues

### Understand basic disease processes as they relate to patient care



- Identify patient needs specific to mental health diseases, such as depression, confusion and dementia
- Identify patient needs specific cancer, immune system and skin disorders
- Identify patient needs specific to cardiovascular and respiratory system disorders
- Identify patient needs specific to urinary and reproductive system disorders
- Identify patient needs specific to nervous and musculoskeletal system disorders
- Identify patient needs specific to digestive and endocrine system disorders

## Committee Identified Academic Skills

The SkillsUSA National Technical Committee has identified that the following academic skills are embedded in the Nurse Assisting training program and assessment.

### Math Skills

- Use fractions to solve practical problems
- Simplify numerical expressions
- Solve problems using Proportions, formulas and functions
- Perform basic mathematical computations

### Science Skills

- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems)
- Describe basic needs of organisms
- Classify living organisms
- Use knowledge of temperature scales, heat, and heat transfer
- Describe the ideal environment for microorganism growth
- Prevent transmission of microorganisms

### Language Arts Skills

- Provide information in conversations and in group discussions
- Provide information in oral presentations
- Demonstrate use of verbal communication skills, such as word choice, pitch, feeling, tone and voice
- Demonstrate use of nonverbal communication skills, such as eye contact, posture and gestures using interviewing techniques to gain information
- Demonstrate comprehension of a variety of informational texts
- Use text structures to aid comprehension
- Organize and synthesize information for use in written and oral presentations
- Demonstrate knowledge of appropriate reference materials
- Use print, electronic databases and online resources to access information in books and articles
- Demonstrate narrative writing
- Demonstrate informational writing
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing



## Connections to National Standards

State-level academic curriculum specialists identified the following connections to national academic standards.

### Math Standards

- Numbers and operations
- Algebra
- Geometry
- Measurement
- Data analysis and probability
- Problem solving
- Communication
- Connections
- Representation

**Source:** NCTM Principles and Standards for School Mathematics. To view high school standards, visit: <http://www.nctm.org/standards/content.aspx?id=16909>.

### Science Standards

- Understands the principles of heredity and related concepts
- Understands the structure and function of cells and organisms
- Understands the nature of scientific inquiry

**Source:** McREL compendium of national science standards. To view and search the compendium, visit: [www2.mcrel.org/compendium/](http://www2.mcrel.org/compendium/)

### Language Arts Standards

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics)
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information)

**Source:** IRA/NCTE Standards for the English Language Arts. To view the standards, visit: [www.readwritethink.org/standards/index.html](http://www.readwritethink.org/standards/index.html).