

Skill 1

The candidate is asked to walk a resident who needs some assistance to stand. A transfer/gait belt is used while walking the resident. The role of the resident is played by a person.

Skill 2

The candidate is asked to help a resident who has asked for a bedpan. The role of the resident is played by a person

Skill 3

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident's pulse rate. The role of the resident is played by a person.

-----

Skill 1

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident's pulse rate. The role of the resident is played by a person.

Skill 2

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Skill 3

The candidate is asked to provide hand and nail care to one hand. The role of the resident is played by a person.

-----

Skill 1

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her elbow flexed and extended, and the wrist flexed and hyperextended. For testing purposes, the resident needs three repetitions of both exercises. Right side of the body.

Skill 2

The candidate is asked to provide catheter care to a female resident who has an indwelling urinary catheter. Soap and water should be used for the catheter care. For testing purposes, only the cleansing of the front perineal area and catheter are evaluated; cleansing of the rectal area and buttocks is not tested in this skill. A mannequin is used for the role of the resident.

Skill 3

The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure the amount of urine. An Intake and Output (I&O) Form (see sample on website) is provided to record the measurement. The output should be recorded as urine and the correct time recorded for the measurement

### Skill 1

The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. A Food and Fluid Intake Form (sample provided on the website) is provided to record the resident's estimated food and fluid intake. The role of the resident is played by a person.

### Skill 2

The candidate is asked to change the top and bottom sheets and pillowcase on the bed while the resident stays in the bed. The role of the resident is played by a person.

### Skill 3

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her shoulder flexed and extended, and abducted and adducted. For testing purposes, the resident needs three repetitions of both exercises Left side.

---

### Skill 1

The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a person

### Skill 2

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident's pulse rate. The role of the resident is played by a person.

### Skill 3

The candidate is asked to put a long-sleeved button-front shirt, pants, and socks on a resident who is lying in bed. The resident is not able to help with the dressing and has a weak arm. A mannequin is used for the role of the resident. The weak side is the left side.

---

### Skill 1

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her hip and knee flexed and extended, and dorsiflexion and plantar flexion to the ankle. For testing purposes, the resident needs three repetitions of both exercises. Right side

### Skill 2

The candidate is asked to count the resident's respirations. The respirations should be counted for one full minute. During the test, since this skill is tested separately from the measure and record pulse skill, candidates are allowed to tell the resident that his/her pulse is being counted or vital signs taken, instead of stating that respirations are being counted. A Measurement Form (sample provided on the website) is provided to record the resident's respiration rate. The role of the resident is played by a person

### Skill 3

The candidate is asked to provide foot care to a resident. Soap and water is used and foot care is provided to only one foot. The resident is sitting in a chair. The resident's sock and shoe are replaced at the end of the skill. The resident role is played by a person.