



## Entry Level Assessment Blueprint

# Nursing Assisting



**Test Code: 4258 / Version: 01**

## **Specific Competencies and Skills Tested in this Assessment:**

### **Basic Nursing Assisting Skills**

- Measure basic vital signs, I and O, height, weight and BMI
- Recognize body structure and function including diseases, signs, symptoms, and conditions
- Assist with basic emergency and first aid procedures
- Assist with admissions, discharges, and transfers
- Identify and prepare patient and supplies for medical procedures and tests
- Provide instructions for an assist in collection of patient specimens
- Identify appropriate patient positioning, transfers, and body alignment
- Demonstrate knowledge of nutrition and hydration
- Demonstrate awareness of pain management including comfort measures
- Care for patients when death is imminent and exhibit knowledge of appropriate postmortem care

### **Infection Control**

- Demonstrate knowledge of basic principles of infection control (e.g., standard and transmission-based precautions, PPE)
- Properly identify, handle, and dispose of hazardous/infectious material
- Demonstrate proper hand hygiene techniques
- Differentiate between medical asepsis and surgical asepsis (e.g., sterile)

### **Communication Skills**

- Use appropriate and effective verbal and nonverbal communication skills
- Utilize proper communication techniques within the healthcare team
- Demonstrate appropriate telephone techniques
- Document, report, and maintain accurate patient information
- Modify communication techniques for patients with special needs, language barriers, and across the life span
- Recognize and identify medical terminology and abbreviations

## ***Specific Competencies and Skills continued:***

### **Personal Care Skills**

- Assist/Perform patient personal hygiene skills (e.g., bathing, grooming, dressing, oral care)
- Assist/Perform patient feeding
- Identify basic therapeutic diets
- Assist patient with toileting/elimination needs
- Assess and assist with patient skin care
- Perform various bed making techniques



### **Mental Health and Social Service Needs**

- Recognize and report changes in altered patient mental status
- Identify appropriate nursing assistant response to patient's inappropriate behavior
- Follow established Plan of Care (POC) for behavior management
- Utilize the patient's family and friends as sources of emotional support for the patient
- Identify the effects of age, illness, and disability on life experiences
- Demonstrate cultural sensitivity

### **Ethics, Rights, and Legal Responsibilities**

- Demonstrate understanding of HIPAA regulations regarding privacy and confidentiality
- Assist patient participation in group activities and personal independence as appropriate
- Provide security and proper care for patient's personal possessions
- Recognize and report signs and symptoms of patient abuse, mistreatment, or neglect
- Recognize legal issues involving physical and chemical restraints including alternative solutions
- Demonstrate awareness of patient's/client's Bill of Rights

## ***Specific Competencies and Skills continued:***

### **Basic Restorative Care**

- Assist the patient with ambulating aids (e.g., canes, walkers, braces, crutches, wheelchair, gait belt)
- Assist/Perform patient transfer using mechanical lifts
- Assist the patient with assistive devices used with activities of daily living (ADLs)
- Perform appropriate range of motion (ROM) exercises
- Assist with prosthetic devices



### **Employability Skills**

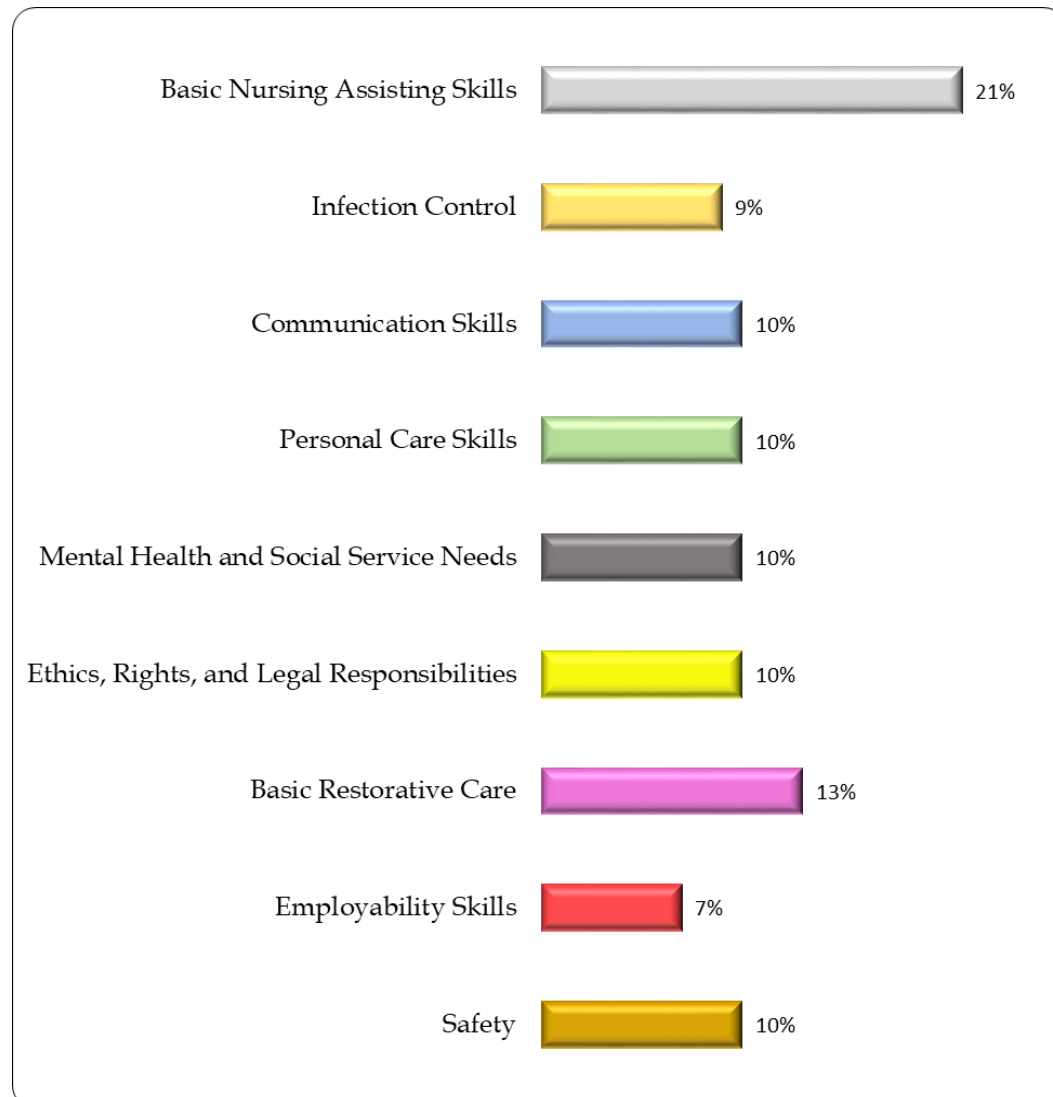
- Maintain OBRA requirements for nursing assisting certification
- Identify appropriate scope of practice for nursing assistants
- Recognize workplace skills required in the healthcare industry
- Recognize appropriate health maintenance practices for healthcare workers

### **Safety**

- Provide a safe and clean environment
- Demonstrate understanding of body mechanics
- Assist with patient oxygen needs
- Identify and respond appropriately to existing and potential hazards including fires, electrical safety, and falls

**Written Assessment:****Administration Time:** 3 hours**Number of Questions:** 182**Areas Covered:**

21%	Basic Nursing Assisting Skills
9%	Infection Control
10%	Communication Skills
10%	Personal Care Skills
10%	Mental Health and Social Service Needs
10%	Ethics, Rights, and Legal Responsibilities
13%	Basic Restorative Care
7%	Employability Skills
10%	Safety



## Sample Questions:

The function of white blood cells is to

- A. protect the body from high blood sugar
- B. protect the body from infection
- C. help the body transport oxygen
- D. help with blood clotting

Blood Spills are most effectively cleaned up using

- A. a bleach solution
- B. a Betadine solution
- C. soap and water
- D. ammonia

Techniques that encourage communication include

- A. offering positive advice
- B. asking yes or no questions
- C. sharing personal beliefs
- D. asking open-ended questions

A fracture-type bedpan is used for patients who

- A. have bathroom privileges
- B. are ambulatory
- C. have a hip injury
- D. have an indwelling catheter

The nurse states the patient has psychosis. This means that the patient

- A. has specific food allergies
- B. will be transferred to a psychiatric facility
- C. does not view or interpret reality correctly
- D. will require oxygen therapy

## Performance Assessment:

**Administration Time:** 1 hour and 15 minutes

**Number of Jobs:** 4

### Areas Covered:

**27% Obtain and Record Standard Vital Signs**

*Participant will verify the patient's identification, explain the procedure, conduct an interview, take and record an oral temperature, radial pulse, respiration, blood pressure, and inform the evaluator when the procedure is complete.*

**17% Apply and Remove Personal Protective Equipment (PPE)**

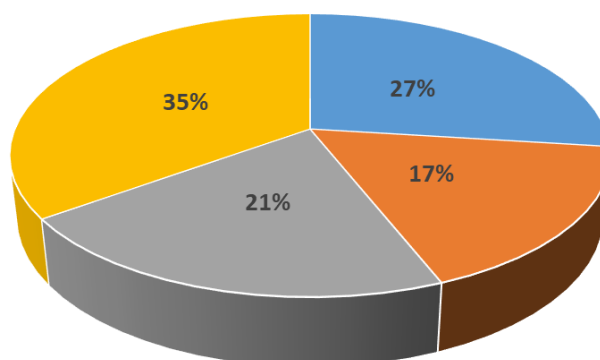
*Participant will put on personal protective equipment in correct order, remove personal protective equipment without contamination, and dispose of all used personal protective equipment in proper container.*

**21% Demonstrate Wheelchair Assistance**

*Using the proper equipment, supplies, and techniques, the participant will transfer a patient using a transfer or gait belt, demonstrate appropriate patient interaction, leave the patient in the wheelchair, and inform the evaluator when the procedure is complete.*

**35% Perform a Modified Bed Bath**

*Participant will demonstrate appropriate patient interaction, use proper equipment, supplies, and clean techniques to complete a modified bed bath, put on a clean gown, and inform evaluator when the procedure is complete.*



**Sample Job:** Demonstrate Wheelchair Assistance

**Maximum Time:** 10 minutes

**Participant Activity:** Using the proper equipment, supplies, and techniques, the participant will verbalize the need to wash hands, transfer a patient using a transfer belt, transfer the patient with left-side hemiplegia from the bed to the wheelchair, demonstrate appropriate patient interaction, and leave the patient in the wheelchair and exit the room.

