

NURSE AIDE EDUCATOR

Colorado Board of Nursing

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Candidate Handbooks are Ready!

Last week, Test Observer and Instructor Training occurred throughout the state. It was excellent, informative and – thanks to everyone’s participation and input – group recommendations are now included in Candidate Handbooks.

Candidate Handbooks are available at:

- www.hdmaster.com, select Colorado, then Candidate Handbook, OR call Maria Moe at Headmaster, 1-800-393-8664;

OR

- www.dora.state.co.us/nursing, select Applications, CNA Examination.

Please review the handbook carefully to note the differences between Headmaster and Promissor skills tests.

Beginning April 3rd with Headmaster:

- Applicants will have 35 minutes to complete all 5 (five) skills.
- Any time during the Skill Test, a candidate may repeat or correct any skill or step on a skill that the candidate believes they performed incorrectly.
- Note additional new critical (bolded) steps.
- Testing begins July 1, 2006, on the following new skills:
 1. Skill 16 – ROM of Hip and Knee
 2. Skill 17 – ROM of One Shoulder
 3. Skill 20 – Vital Signs: Temp, Pulse and Respiration
- Please note inclusion of “water within easy reach of resident” in final step on skills to assist with adequate resident hydration.

Skills Sampling

The following table provides a sampling of some changes in critical steps:

	Headmaster Handbook	Promissor Handbook
Handwashing	<p>Washes all surfaces of hands and wrist with liquid soap.</p> <p>Does not re-contaminate hands at any point during the procedure.</p>	<p>Lathers all surfaces of fingers and hands, including above the wrists, producing friction, for at least 10 (ten) seconds.</p>
Embollic Stockings	<p>Places stocking over the toes, foot, and heel and rolls OR pulls up the leg. Leaves resident with stockings that are smooth and wrinkle free.</p> <p>Does not cause pain or discomfort at any time during the task.</p>	<p>Finishes procedures with no twists or wrinkles and stocking properly placed.</p>
<p>Ambulation With Gait Belt (ambulate resident to wheelchair)</p>	<p><i>Note: Skill performed with Gait Belt only.</i></p> <p>Lowers bed to ensure resident's feet can be flat on the floor.</p> <p>Locks wheelchair brakes to ensure resident's safety.</p> <p>Assists resident to put on non-skid slippers.</p>	<p><i>Skill performed with or without a Gait Belt.</i></p> <p>Before ambulating, puts on and properly fastens non-skid footwear.</p>
Blood Pressure	<p>Selects the correct size cuff.</p> <p>Applies the cuff around the upper arm.</p> <p>Inflates cuff either until candidate no longer hears/feels the resident's brachial pulse and inflates an additional 20-40 mm OR inflates cuff to 160 to 180 mm Hg.</p> <p>Appropriately inflated cuff based on resident's condition. <i>Caution: Be careful not to inflate the cuff too high as the pressure of the cuff can cause resident discomfort.</i></p> <p>Candidate's recorded systolic and diastolic BP are within 4 mm Hg of the TO's.</p> <p>Utilized correct equipment.</p>	<p>Records both systolic and diastolic pressures each within +/- (plus or minus) 4 mm of evaluator's reading.</p>

	Headmaster Handbook	Promissor Handbook
Bedpan and Output	<p>Positions resident on bedpan correctly using correct body mechanics.</p> <p>Candidate's recorded output is within 30cc/mls of RN test observer's reading.</p>	<p>Places bedpan correctly under client's buttocks.</p> <p>Records contents of container in output column within plus or minus 25 ccs/mls of evaluator's reading.</p>
Catheter Care (on mannequin/ pseudo-mannequin with genitalia)	<p><i>Note: Pseudo-mannequin with genitalia is acceptable if purchase of mannequin cost prohibitive.</i></p> <p>Puts on gloves.</p> <p>Assures the bag is below the bladder secured to the bed frame.</p> <p>Checks to see that urine can flow, unrestricted, into the drainage bag.</p> <p>Uses soap and water to carefully wash around the drainage tube where it exits the urethra and 3-4 inches down the drainage tube using strokes only in a direction away from the urethra.</p> <p>Rinses well.</p> <p>Dries with a clean towel.</p> <p>Does not allow the tube to be pulled at any time during the procedure.</p>	<p>Holds catheter near meatus to avoid tugging the catheter.</p> <p>Cleans at least four inches of catheter nearest meatus, moving in only one direction using a clean area of the cloth for each stroke.</p> <p>Rinses at least four inches of catheter nearest meatus, moving in only one direction (i.e. away from meatus) using a clean area of the cloth for each stroke.</p>

**NOTE: This is only an example of some of the critical step changes.
Carefully review the Candidate Handbook for all changes.**