



Pennsylvania - District 2
Education . . . with a competitive side

NURSING ASSISTANT



Clothing Requirements

Official blue scrubs, white socks, health professional's white or black leather work shoes. Shoes must be all-white or all-black leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the aforementioned criteria are acceptable.

Note: At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. *Please keep in mind that official SkillsUSA attire will be required at the state and national level.*

Eligibility

Open to active SkillsUSA members enrolled in programs with nurse assisting as the occupational objective.

Equipment and Materials: Supplied by host school:

1. All instruments, equipment and materials required for the contest
2. All necessary information and furnishings for judges and technical committee

Equipment and Materials: Supplied by Contestant:

1. All students must have a one-page, typewritten résumé
2. Watch
3. Pen (black ink)

Scope of the Contest – *(Defined by the National Competition Regulations)*

(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)

The contest is set within the framework of accepted industry standards. To gain employment in the nursing assistant field, a state certification examination is required.

Knowledge Performance

The contest includes a written knowledge test including topics identified in Health Occupations: Core Knowledge and Skills. Contestants will also be expected to demonstrate ability of the knowledge and skills in the performance portion of the contest.

Skill Performance

The contest includes an assessment of skills in the areas of daily living activities, personal care, CPR, employability skills, assessment and observation, nutrition and elimination.

SkillsUSA: Career-Ready Starts Here.

<http://padistrict2skillsusa.com/>

Contest Guidelines

The written and performance test can include any or all of the following:

1. Contestants perform procedures or skills selected from the following list of Standards and Competencies as determined by the SkillsUSA health occupations technical committee.
2. All procedures must be performed using safety precautions and correct body mechanics.
3. All skills demonstrated will be based on nationally accepted accreditation and certification standards recognized by the American Medical Association.
4. Contestants, as part of the demonstration, should voluntarily express pertinent information.

Standards and Competencies – *(Summary of national technical standards list)*

1. Display knowledge of human anatomy and physiology
2. Employ knowledge of basic client care in the areas of nutrition, medical mathematical operations and malpractice/liability issues
3. Exhibit basic employability skills and professional demeanor when writing a résumé, completing a job application, and interviewing in accordance with workforce development guidelines
4. Explain infection control and methods of preventing the spread of infections
5. Perform nurse assistant skills/procedures including dressing, undressing and bathing patients, providing hair and oral care, and transferring, turning and assisting patients with walking
6. Implement knowledge of patient care regarding nutrition and elimination
7. Monitor patient's vital signs
8. Perform adult, child and infant CPR and first aid in accordance with current guidelines provided by the American Heart Association and the American Red Cross
9. Communicate effectively with co-workers and clients
10. Manage patient care to prevent legal issues

Nurse Assistant Rating Sheet

Item Name	Description	Points
Written Test		100
Station 1	Repositions on Side	35
Station 2	Passive Range of Motion for One Shoulder	35
Station 3	Empty indwelling Foley catheter and record output	30
Resume Deduction	(Deduction)	-10
Safety Deduction	(Deduction)	-10
Clothing Deduction	(Deduction)	-5
Total Points		200

Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.