



Job Ready Assessment Blueprint

Nursing Assisting



Test Code: 4058 / Version: 01

“Measuring What Matters”

Specific Competencies and Skills Tested in this Assessment:

Basic Nursing Assisting Skills

- Measure basic vital signs, I and O, height and weight
- Provide a safe and/or clean environment
- Recognize signs/symptoms of diseases and conditions
- Recognize body structure and function
- Assist with basic emergency procedures
- Assist with admissions, discharges, and transfers
- Prepare client and supplies for medical procedures and tests
- Identify various types of medical equipment for procedures
- Demonstrate understanding of body mechanics
- Perform appropriate client positioning and body alignment
- Demonstrate knowledge of nutrition and hydration
- Perform and assist with client/patient transfers
- Instruct, collect, and test client specimens
- Assist with client oxygen needs
- Demonstrate awareness of pain management including comfort measures
- Care for clients when death is imminent
- Exhibit knowledge of appropriate post-mortem care



Infection Control

- Demonstrate knowledge of basic principles of infection control
- Properly identify, handle, and dispose of hazardous/infections material
- Use appropriate personal protective equipment (PPE)
- Demonstrate proper handwashing techniques
- Exhibit knowledge of modes of transmission, chain of infection
- Use standard precautions
- Identify principles and components of a sterile environment/field

Specific Competencies and Skills continued:**Communication Skills**

- Use appropriate and effective verbal and non-verbal communication skills
- Demonstrate appropriate telephone techniques
- Exhibit knowledge of basic computer skills
- Document and report patient information
- Communicate with special needs patients
- Understand the purposes of medical records components
- Recognize and identify medical terminology and abbreviations

Personal Care Skills

- Assist/perform appropriate client bathing skills
- Assist/perform appropriate client grooming skills
- Assist/perform appropriate client oral hygiene skills
- Assist/perform appropriate client dressing skills
- Assist client with toileting/elimination needs
- Assist/perform appropriate client feeding techniques
- Assess and assist with client skin care
- Perform appropriate bed making techniques

**Mental Health and Social Service Needs**

- Recognize psychosocial characteristics of mental health populations
- Identify appropriate nurse assistant response to client's inappropriate behavior
- Identification of age-appropriate developmental tasks
- Follow established care plan for behavior management
- Utilize the client's family and friends as sources of emotional support for the client
- Identify the affects of age, illness, and disability on life experiences
- Recognize and respect cultural diversity

Specific Competencies and Skills continued:

Client's Rights

- Demonstrate understanding of HIPAA regulations regarding privacy and confidentiality
- Provide clients with personal independence and choice rights
- Recognize and report client grievance issues
- Meet the client's needs for participation in group activities
- Provide security and proper care for client's personal possessions
- Recognize and report signs and symptoms of client abuse, mistreatment, or neglect
- Recognize legal issues involving physical and chemical restraints
- Demonstrate awareness of Client's Bill of Rights

Basic Restorative Devices

- Assist the client with ambulating aids (e.g. canes, walkers, braces, crutches, wheelchair, gait belt)
- Assist/perform client transfer using mechanical lifts
- Assist the client with assistive devices used with activities of daily living
- Encourage and/or assist/perform appropriate range of motion (ROM) exercises
- Demonstrate and assist in care and use of prosthetic devices



Employability Skills

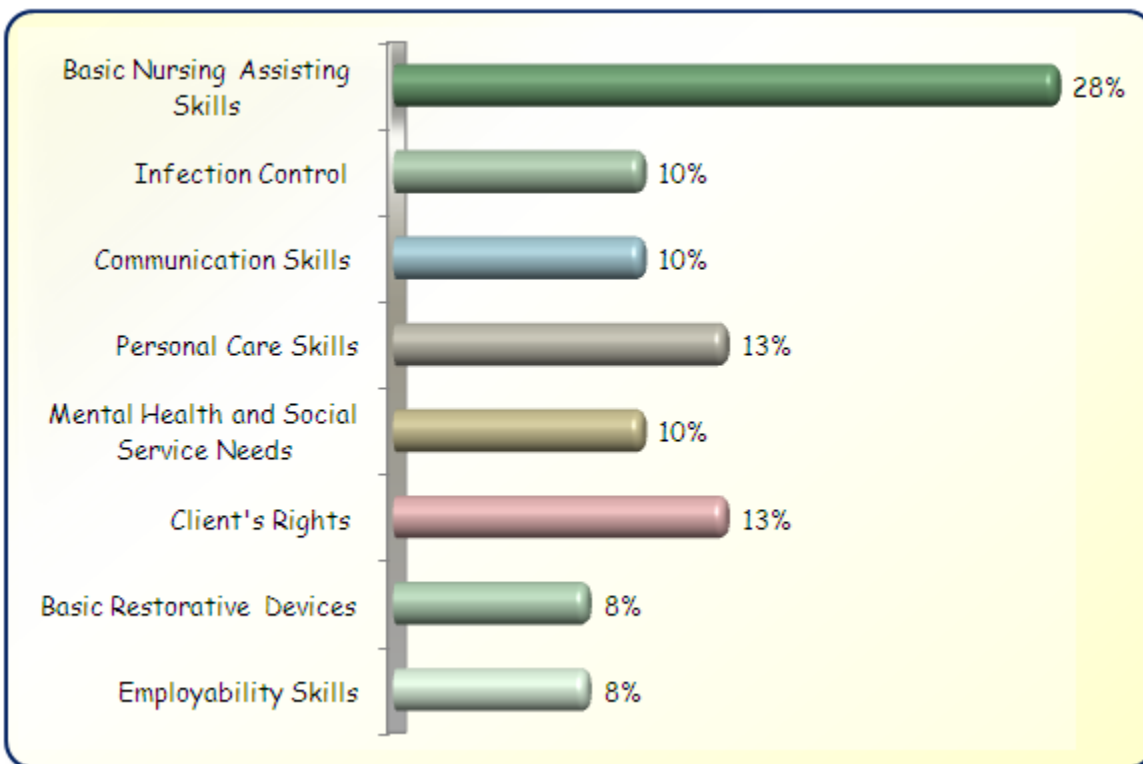
- Maintain OBRA requirements for Nursing Assisting certification
- Identify appropriate scope of practice for Nursing Assistants
- Recognize work requirements in the health care industry
- Recognize appropriate professional hygiene and appearance for health care workers

Written Assessment:

Administration Time: 3 hours

Number of Questions: 198

Areas Covered:



Sample Questions:

A sign of a urinary tract infection might include

- A. low temperature
- B. malodorous urine
- C. skin rash
- D. excessive thirst

Gowns should be worn

- A. at all times to keep clothing clean
- B. when caring for the elderly
- C. when clothes may become contaminated
- D. more than once to conserve costs

Atrophy of a muscle is _____ of muscle tissue.

- A. paralysis
- B. wasting
- C. an increase
- D. contracture

When making the bed, the soiled linen should be placed

- A. on the bedside table
- B. on the overbed table
- C. in a laundry bag
- D. on the floor

A sign of dementia is a/an

- A. desire to eat regular meals
- B. decrease in cognitive function
- C. ability to figure out problems
- D. good memory of recent events



Performance Assessment:

Administration Time: 2 hours and 5 minutes

Number of Jobs: 5

Areas Covered:

14% Vital Signs

Assemble equipment, wash hands, identify self and client, question client, obtain and record oral temperature, radial pulse, and respirations, and time to complete Job 1.

16% Barrier Techniques

Assemble equipment, wash hands, apply mask/gown/gloves, bag waste, remove mask/gown/gloves, exit room properly, and time to complete Job 2.

17% Wheelchair Use

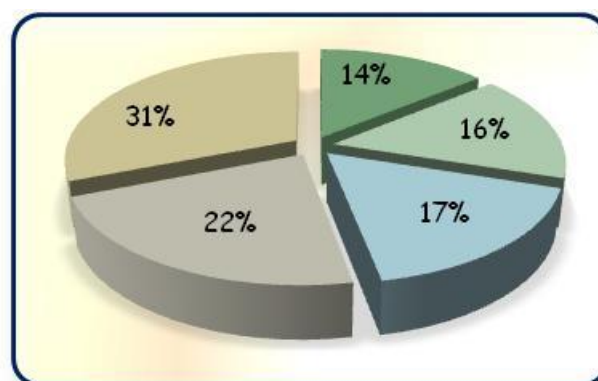
Obtain authorization, wash hands, identify self and client, explain procedures, prepare wheelchair, prepare bed, assist client in sitting and standing, assist client into wheelchair, wheelchair operation, and time to complete Job 3.

22% Occupied Bed Making

Assemble linen, wash hands, identify self and client, explain procedures, prepare bed for task, position client in bed, remove/replace top/bottom linens, reposition client, and time to complete Job 4.

31% Modified Bed Bath

Assemble equipment and garments, wash hands, identify self and client, explain procedures, prepare bed for task, prepare client for bath, verify correct water temperature, bathe head/neck/arm/axillae/chest/abdomen/leg/foot, change water in basin, bathe female perineal area, bathe rectal area, assist client into gown, reposition client in bed, replace top linens, secure bed and other items for client, equipment and area clean-up, and time to complete Job 5.



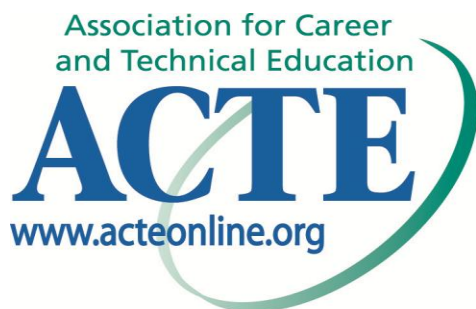
Sample Job: Wheelchair Use

Maximum Time: 20 minutes

Participant Activity: The participant will transfer a client from a bed to a wheelchair using a transfer belt, demonstrate appropriate client interaction for the procedure, push the wheelchair along a hallway, demonstrate getting in and out of an elevator, and return to the room.



The Association for Career and Technical Education (ACTE), the leading professional organization for career and technical educators, commends all students who participate in



career and technical education programs and choose to validate their educational attainment through rigorous technical assessments. In taking this assessment you demonstrate to your school, your parents and guardians, your future employers and yourself that you understand the concepts and knowledge needed to succeed in the workplace. Good Luck!