

To pass the New Mexico CNA Clinical Skills Test, you must pass five skills. Three of the skills will come from the Clinical Skills listed in this document. While performing those three skills, you will also be scored on two additional skills - handwashing and Indirect Care. These checklists are not procedures and are not necessarily provided in the order that a candidate would be asked to perform them. Skills should not be learned from the checklists; however, the checklists may be helpful for you and your instructor to evaluate your performance in the classroom or clinical setting.

Indirect Care represents aspects of care related to resident rights, communication with the resident, resident safety and comfort, and infection control.

Indirect Care is rated during your performance of each skill. In every skill, except handwashing, the Indirect Care checkpoints are the same. They are always the first two checkpoints and the last four checkpoints. You will receive a separate score for Indirect Care.

Handwashing Note: Your handwashing technique is evaluated at the beginning of the test. This skill is not prompted, which means you will not be told to wash your hands. Nurse aides are expected to know to wash their hands before and after physical contact (touching) with the resident. Demonstrating when handwashing is necessary is evaluated as a part of Indirect Care—Standard Precautions.

Wash hands	
Does the candidate:	
1	Wet hands and apply soap?
2	Work up lather cleansing front and back of hands and wrists, between fingers, around cuticles and under nails?
3	Provide cleansing friction for a minimum of 15 seconds?
4	Remove soap, rinsing while holding fingers lower than wrists?
5	Dry hands with paper towel and limit contact of towel to cleansed skin surfaces?
6	Turn off water with paper towel and dispose of towel?
7	Complete task without contaminating hands, such as against sink?

Assist resident to use a bedpan	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Place protective pad on bed over bottom sheet, under buttocks before placing bedpan?
4	Position bedpan under resident according to form/shape of the selected bedpan to allow for comfort and collection?
5	Raise head of bed after positioning the resident on bedpan?
6	Place toilet paper within resident's reach before removing bedpan?
7	Lower head of bed before removing bedpan?
8	Apply gloves before removing and wear while emptying and cleaning bedpan?
9	Empty contents of bedpan into toilet?
10	Rinse, dry and store bedpan in bottom shelf/drawer of bedside cabinet?
11	Remove gloves before or use a barrier when storing bedpan?
12	Offer resident a damp washcloth or towelette to cleanse hands after bedpan removed?

Assist resident to use a bedpan	
13	Utilize Standard Precautions and infection control measures throughout procedure?
14	Promote resident comfort throughout procedure?
15	Promote resident rights throughout procedure?
16	Promote resident safety throughout procedure?

Ambulate the resident using a gait belt	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Apply gait belt around resident's waist before assisting resident to stand?
4	Apply gait belt securely around waist without restricting circulation or breathing or injury to skin?
5	Assist resident to stand while holding gait belt at back, both sides, or farthest side of resident?
6	Ask resident about dizziness upon standing?
7	Walk slightly behind and to one side of resident while holding gait belt in back or farthest side of resident?
8	Match resident's pace when ambulating?
9	Walk resident a minimum total of 20 steps?
10	Ask resident's tolerance about comfort, dizziness or fatigue during ambulation?
11	Assist resident to turn and position to sit back in chair?
12	Provide controlled gentle lowering of resident into chair?
13	Remove gait belt without harming resident after resident returned to chair?
14	Utilize Standard Precautions and infection control measures throughout procedure?
15	Promote resident comfort throughout procedure?
16	Promote resident rights throughout procedure?
17	Promote resident safety throughout procedure?

CLINICAL SKILLS CHECKLIST

Change an occupied bed	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Lower head of bed before changing sheet?
4	Position resident safely on nonworking side of bed?
5	Loosen tucked dirty bottom sheet on working side and push or roll sheet and tuck against resident?
6	Place clean bottom sheet on working side, securing under mattress at head of bed and along working side?
7	Extend clean bottom sheet on working side, across bed and tuck under resident?
8	Assist resident to turn to face opposite side of bed?
9	Complete placement of bottom sheet, securing flat sheet at head of bed and on side (using fitted sheet secure all four corners)?
10	Leave bottom sheet free of wrinkles?
11	Place clean top sheet?
12	Avoid exposure of resident throughout procedure?
13	Secure top sheet under foot of mattress allowing room for foot movement?
14	Leave top sheet untucked on sides?
15	Replace pillowcase?
16	Dispose of soiled linen in hamper?
17	Complete procedure with resident positioned between the top and bottom sheet and covered pillow under resident's head?
18	Utilize Standard Precautions and infection control measures throughout procedure?
19	Promote resident comfort throughout procedure?
20	Promote resident rights throughout procedure?
21	Promote resident safety throughout procedure?

Change the resident's position to a supported side-lying position	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Position and align resident to ensure safe turning?
4	Position resident on correct side?
5	Position device/padding/pillow rolled and tucked against resident's back to maintain side-lying position?
6	Position resident on side with knees slightly bent?
7	Place device/padding/pillow between legs to separate bony prominences of knees and ankles?
8	Position device/padding/pillow placed between legs to align upper hip and leg?
9	Adjust resident's lower arm and shoulder for comfort and alignment?
10	Position pillow to support/align neck and head?
11	Position device/padding/pillow to support upper shoulder/arm?
12	Replace top sheet after completing positioning?
13	Utilize Standard Precautions and infection control measures throughout procedure?
14	Promote resident comfort throughout procedure?
15	Promote resident rights throughout procedure?
16	Promote resident safety throughout procedure?

Dress the resident who has a weak arm	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Include resident in decision-making about clothing to wear?
4	Collect all garments before removing hospital gown?
5	Support affected right arm while undressing and dressing?
6	Remove hospital gown protecting affected arm?
7	Dress affected right arm first?
8	Gather up sleeve to ease pulling over affected arm?
9	Assist resident to put on pants, shirt with sleeves and socks?
10	Move resident's extremities gently, without over-extension or force when undressing and dressing?
11	Adjust all clothing for comfort, neatness and alignment and close all fasteners?
12	Place dirty gown in hamper?
13	Utilize Standard Precautions and infection control measures throughout procedure?
14	Promote resident comfort throughout procedure?
15	Promote resident rights throughout procedure?
16	Promote resident safety throughout procedure?

Feed the resident who is in bed	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Raise head of bed with resident in sitting position (minimum 60 degrees) and in proper alignment, before feeding?
4	Offer and assist resident to wash hands before feeding?
5	Maintain eye level contact with resident while feeding?
6	Apply clothing protector before feeding?
7	Offer fluids to drink before feeding?
8	Use spoon to feed?
9	Offer fluids to drink throughout feeding (after at least every 3-4 bites of food)?
10	Check to see if resident has swallowed before offering next bite?
11	Offer encouragement to resident toward maximizing food and fluid intake?
12	Converse with resident during meal?
13	Leave area around resident's mouth clean and dry?
14	Remove and dispose of linen and trash when procedure completed?
15	Accurately record percent of food intake on Food Acceptance Form?
16	Utilize Standard Precautions and infection control measures throughout procedure?
17	Promote resident comfort throughout procedure?
18	Promote resident rights throughout procedure?
19	Promote resident safety throughout procedure?

Measure and record the contents of urinary drainage bag	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Apply gloves before handling urinary drainage bag?
4	Empty urinary drainage bag into graduated container without touching tubing against the container?
5	Wipe drain with alcohol swab after emptying urine contents?
6	Close and protect drain (e.g., clamp and tuck drain into pocket)?
7	Leave bag secured to nonmovable part of bed, ensuring drainage bag and tubing are not touching floor?
8	Set graduated container on flat surface with barrier to read?
9	Position self to read urine amount in graduated container at eye level?
10	Empty urine in graduated container into toilet and rinse and dry container?
11	Remove gloves and wash hands before recording output?
12	Record output within +/- 50cc's of nurse's reading?
13	Record output as urine and indicate the correct time on the I&O Form?
14	Utilize Standard Precautions and infection control measures throughout procedure?
15	Promote resident comfort throughout procedure?
16	Promote resident rights throughout procedure?
17	Promote resident safety throughout procedure?

Measure and record the resident's blood pressure	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Expose the resident's antecubital?
4	Position the resident's arm with palm up, and elbow at the level of the heart?
5	Wrap cuff evenly around arm (bladder over brachial artery), with bottom of cuff positioned within an inch above antecubital?
6	Locate the brachial artery before placing the stethoscope?
7	Position diaphragm of stethoscope over brachial artery, and place stethoscope earpieces in his/her ears, before inflating cuff?
8	Inflate cuff safely (e.g., inflate not more than 30mm past point pulse last felt or heard)?
9	Control deflation of cuff?
10	Record systolic blood pressure within +/-4mm of nurse's readings?
11	Record diastolic blood pressure within +/-4mm of nurse's readings?
12	Clean earpieces and diaphragm of stethoscope and store equipment at completion of procedure and leave work area tidy?
13	Utilize Standard Precautions and infection control measures throughout procedure?
14	Promote resident comfort throughout procedure?

Measure and record the resident's blood pressure	
15	Promote resident rights throughout procedure?
16	Promote resident safety throughout procedure?

Measure and record the resident's pulse and respirations	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Support resident's forearm while taking pulse?
4	Place fingers over radial pulse?
5	Count pulse for at least one full minute?
6	Record pulse rate?
7	Report pulse within +/- 4 beats per minute of nurse's measurement?
8	Refrain from telling resident respirations are being counted?
9	Count respirations for at least one full minute?
10	Record respirations within +/- 2 breaths per minute of nurse's measurement?
11	Utilize Standard Precautions and infection control measures throughout procedure?
12	Promote resident comfort throughout procedure?
13	Promote resident rights throughout procedure?
14	Promote resident safety throughout procedure?

Measure and record the resident's weight (using a non-digital scale, standing or chair)	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Move weights to zero before assisting resident onto scale?
4	Provide assistance to help resident onto scale?
5	Position resident with hands at side and centered on platform (standing scale) or with feet on footrests with hips against back of chair (seat scale)?
6	Provide assistance to help resident off scale?
7	Record resident's weight within +/-2 lbs. of nurse's measurement?
8	Utilize Standard Precautions and infection control measures throughout procedure?
9	Promote resident comfort throughout procedure?
10	Promote resident rights throughout procedure?
11	Promote resident safety throughout procedure?

Perform passive range of motion exercises to the resident's lower extremity (hip, knee and ankle)	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Perform range of motion on the correct side?
4	Support extremity above and below joints throughout ROM exercises?
5	Take resident's hip and knee through ROM, flexing knee and hip, raising towards torso, returning back to mattress?

CLINICAL SKILLS CHECKLIST

Perform passive range of motion exercises to the resident's lower extremity (hip, knee and ankle)	
6	Take resident's hip through abduction/adduction ROM exercises?
7	Take resident's hip through rotation ROM exercises?
8	Flex and extend ankle through ROM exercises?
9	Rotate ankle through ROM exercises?
10	Provide three repetitions of each ROM exercise?
11	Ascertain resident's comfort with movement either verbally or by observing resident's face throughout ROM exercises?
12	Control extremity throughout ROM exercises providing smooth, slow, nonforceful movement?
13	Utilize Standard Precautions and infection control measures throughout procedure?
14	Promote resident comfort throughout procedure?
15	Promote resident rights throughout procedure?
16	Promote resident safety throughout procedure?

Perform passive range of motion exercises to resident's upper extremity (shoulder, elbow, wrist and fingers)	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Perform range of motion on the correct side?
4	Support extremity above and below joints throughout ROM exercises?
5	Take shoulder through ROM, raising and lowering straightened arm along side, towards head of bed (HOB) and back to mattress?
6	Take resident's shoulder through abduction/adduction ROM exercises?
7	Take resident's shoulder through rotation ROM exercises?
8	Flex and extend elbow through ROM exercises?
9	Provide ROM exercises to wrist (e.g., gently rotate, or flex/extend and move side to side)?
10	Flex and extend finger and thumb joints through ROM exercises?
11	Provide three repetitions of each ROM exercise?
12	Ascertain resident's comfort with movement either verbally or by observing resident's face throughout ROM exercises?
13	Control extremity throughout ROM exercises providing smooth, slow, nonforceful movement?
14	Utilize Standard Precautions and infection control measures throughout procedure?
15	Promote resident comfort throughout procedure?
16	Promote resident rights throughout procedure?
17	Promote resident safety throughout procedure?

Provide catheter care to the resident who has an indwelling urinary catheter	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Apply gloves before using soapy washcloth to clean around catheter insertion site?

Provide catheter care to the resident who has an indwelling urinary catheter	
4	Place incontinent pad under buttocks before beginning procedure?
5	Obtain bath basin with water of safe and comfortable temperature?
6	Apply small amount of soap directly to wet washcloth before cleansing?
7	Change spot on soapy washcloth for each washing stroke, wiping inside labia from front to back?
8	Cleanse catheter, washing away from body and down the catheter about 3-4 inches?
9	Use clean wet washcloth to rinse washed areas?
10	Change spot on washcloth for each rinsing stroke, wiping inside labia from front to back?
11	Replace water in basin during procedure if becomes too cool or soapy?
12	Dry perineal area, from front to back after completing cleaning and rinsing?
13	Adjust linen to avoid unnecessary exposure of resident throughout procedure?
14	Avoid tugging or pulling on catheter?
15	Leave tubing free of kinks or obstructions and not touching the floor?
16	Remove incontinent pad at completion of procedure?
17	Rinse and dry basin, store equipment, and dispose of soiled linen and trash when procedure completed?
18	Remove gloves or use barrier when storing equipment?
19	Utilize Standard Precautions and infection control measures throughout procedure?
20	Promote resident comfort throughout procedure?
21	Promote resident rights throughout procedure?
22	Promote resident safety throughout procedure?

Provide foot care to the resident	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Obtain water in bath basin, checking to ensure water is safe and comfortable temperature?
4	Offer resident opportunity to check water temperature before submerging foot in water?
5	Place water filled basin on protective barrier on floor?
6	Place resident's barefoot in water to soak?
7	Refrain from adding soap directly to basin of water?
8	Wash foot using washcloth with small amount of soap applied directly to wash cloth?
9	Wash top and bottom of foot and between toes?
10	Submerge foot in water in basin to remove soap residue?
11	Remove foot from water and dry entire top and bottom of foot including between toes?
12	Warm lotion in hand before applying to foot?
13	Apply lotion to top and bottom of foot, excluding between toes?
14	Remove unabsorbed excess lotion?
15	Apply sock to foot ensuring sock is smooth and replace shoe?

Provide foot care to the resident	
16	Provide support to lower extremity throughout procedure as needed to avoid strain?
17	Avoid placing resident's barefeet directly on floor before, during or after foot care?
18	Clean and dry basin, store equipment, and dispose of soiled linen when procedure completed?
19	Utilize Standard Precautions and infection control measures throughout procedure?
20	Promote resident comfort throughout procedure?
21	Promote resident rights throughout procedure?
22	Promote resident safety throughout procedure?

Provide hair and nail care to the resident	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Ask resident about preferred hairstyle?
4	Comb or brush hair in small sections beginning towards ends and working way up with each combing stroke?
5	Pull comb/brush through hair gently to avoid resident discomfort?
6	Soak nails in basin of water of safe and comfortable temperature before proceeding to remove residue under nails?
7	Remove residue from under nails with orangewood stick?
8	Dry hand after soaking?
9	Leave nails smooth and free of jagged edges?
10	Apply lotion to hand after nails are cleaned and shaped?
11	Rinse and dry basin, store equipment, and dispose of soiled linen and trash when procedure completed?
12	Utilize Standard Precautions and infection control measures throughout procedure?
13	Promote resident comfort throughout procedure?
14	Promote resident rights throughout procedure?
15	Promote resident safety throughout procedure?

Provide mouth care to the resident who has teeth	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Position resident in a sitting position (minimum of 60 degrees) before beginning mouth care?
4	Place protective covering over clothing before brushing teeth?
5	Moisten toothbrush with water and apply toothpaste before brushing teeth?
6	Apply gloves before brushing teeth?
7	Brush all surfaces of teeth and the gum-line with a gentle motion?
8	Offer resident opportunity to rinse mouth and spit into emesis basin (or disposable cup) as needed?
9	Leave area around resident's mouth clean and dry and remove protective cover?

Provide mouth care to the resident who has teeth	
10	Rinse and dry basin, store equipment, and dispose of soiled linen and trash when procedure completed?
11	Remove gloves or use a barrier to store the equipment?
12	Utilize Standard Precautions and infection control measures throughout procedure?
13	Promote resident comfort throughout procedure?
14	Promote resident rights throughout procedure?
15	Promote resident safety throughout procedure?

Provide mouth care to the resident who has a denture	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Wear gloves while handling denture and providing mouth care?
4	Transport denture to sink in a denture cup or emesis basin?
5	Line sink with washcloth or paper towels, or fill sink with water to reduce risk of denture breakage?
6	Use cool or tepid running water to clean and rinse denture?
7	Brush all surfaces of the denture?
8	Brush denture over sink?
9	Rinse denture to remove toothpaste/denture cleaner?
10	Store clean denture in denture cup filled with clean cool or tepid water?
11	Protect resident's clothing before beginning mouth care?
12	Position resident in a sitting position (minimum of 60 degrees) before beginning mouth care?
13	Provide mouth care to resident using a toothbrush/toothette/swab?
14	Offer resident the opportunity to rinse mouth and spit into emesis basin (or disposable cup)?
15	Leave area around resident's mouth clean and dry and remove protective clothing cover?
16	Rinse toothbrush, rinse and dry basin, store equipment and dispose of soiled linen and trash when procedure completed?
17	Remove gloves or use a barrier to store equipment?
18	Utilize Standard Precautions and infection control measures throughout procedure?
19	Promote resident comfort throughout procedure?
20	Promote resident rights throughout procedure?
21	Promote resident safety throughout procedure?

Provide a partial bed bath to the resident	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Ensure water is at safe and comfortable temperature?
4	Drape/cover resident to expose only area being cleansed?
5	Use washcloth without soap to wash face?

CLINICAL SKILLS CHECKLIST

Provide a partial bed bath to the resident	
6	Wipe eye from the inside to out, changing to clean area of washcloth before returning to inner eye and cleansing other eye?
7	Leave face clean and dry?
8	Contain corners of washcloth while washing and rinsing (e.g., forming mitt)?
9	Protect bedding by repositioning towel under resident throughout washing and rinsing?
10	Wash neck, hands, arms and chest using small amount of soap applied directly to washcloth?
11	Rinse neck, hands, arms and chest removing soap residue?
12	Dry neck, hands, arms and chest?
13	Assist resident to turn safely on side to wash back?
14	Wash, rinse and dry back?
15	Warm lotion in hands before applying to resident's back?
16	Provide backrub from lower back toward neck/shoulders using gentle strokes and circular motions?
17	Remove excess lotion from resident's back?
18	Replace hospital gown without exposing resident and secure gown in back?
19	Rinse and dry basin, store equipment and dispose of soiled linen and trash when procedure completed?
20	Utilize Standard Precautions and infection control measures throughout procedure?
21	Promote resident comfort throughout procedure?
22	Promote resident rights throughout procedure?
23	Promote resident safety throughout procedure?

Provide perineal care to the female resident who is incontinent of urine	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Apply gloves before touching soiled pad and wear throughout perineal care?
4	Replace soiled pad under resident's buttocks before beginning perineal care?
5	Ensure water in basin is at a safe and comfortable temperature?
6	Apply soap directly to wet washcloth and use soapy washcloth for cleansing?
7	Change spot on washcloth for each washing stroke?
8	Wipe from front to back with all washing and rinsing strokes?
9	Remove all soap from perineal area using a fresh wet washcloth for rinsing?
10	Change spot on washcloth for each rinsing stroke?
11	Cleanse skin folds of perineal area?
12	Dry entire perineal area, from front to back, after completing cleansing and rinsing?
13	Replace basin of water during task if it becomes cold or soapy?
14	Position resident on side for cleansing of buttocks and rectal area?
15	Cleanse, rinse and dry rectal and buttocks area?
16	Adjust linen to avoid unnecessary exposure of resident throughout procedure?

Provide perineal care to the female resident who is incontinent of urine	
17	Leave resident on dry underpad at completion of procedure?
18	Rinse and dry basin, store equipment and dispose of linen and trash when procedure completed?
19	Remove gloves or use a barrier to store the equipment?
20	Utilize Standard Precautions and infection control measures throughout procedure?
21	Promote resident comfort throughout procedure?
22	Promote resident rights throughout procedure?
23	Promote resident safety throughout procedure?

Transfer the resident from the bed into a wheelchair using a transfer belt and pivot transfer technique	
Does the candidate:	
1	Greet resident, address by name and introduce self?
2	Provide explanations to resident before beginning and throughout procedure?
3	Place wheelchair near resident's bed before assisting resident to sit at edge of bed?
4	Lock wheelchair before beginning transfer?
5	Remove or swing footrests out of way before transferring resident?
6	Place nonskid footwear on resident before transferring resident?
7	Assist resident to sitting position on side of bed, providing opportunity to adjust to position change before beginning transfer?
8	Apply gait belt securely around waist; avoid restricting circulation or breathing, or injury to skin?
9	Ensure resident's feet are flat on the floor before beginning transfer?
10	Position wheelchair before transfer with front interior wheel close to bed to facilitate pivot transfer?
11	Stand in front of resident, bracing resident's legs, reaching under resident's arms to hold gait belt at back?
12	Maintain own body mechanics in assisting resident to stand?
13	Complete transfer as a pivot?
14	Maintain own body mechanics in assisting resident to sit in wheelchair?
15	Provide support for controlled gentle lowering of resident into seat of wheelchair?
16	Position resident in proper body alignment in wheelchair with resident's hips against back of seat?
17	Place resident's feet on footrests?
18	Remove gait belt from resident's waist without harming resident when transfer completed?
19	Utilize Standard Precautions and infection control measures throughout procedure?
20	Promote resident comfort throughout procedure?
21	Promote resident rights throughout procedure?
22	Promote resident safety throughout procedure?