Demystification of Clinical Exam

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Agenda

+ Introductions
+ Overview of Clinical Exam
+ Test Day- Candidate Experience
+ Skill Analysis/Helpful Hints
+ Indirect Care Overview
+ Resources
+ Q & A
Introductions

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Senior Nurse Aide Evaluator
Prometric Nurse Aide Exam Details

How do we design our exams?

- Psychometricians and RNs on staff ensure that the exams are valid, reliable, and defensible. Current exams are based on our 2016 Job Analysis.
- Based on a national survey of CNAs and RNs/LPNs who supervise CNAs
- Focused on the role of the minimally competent CNA in long-term care settings
- Reviewed by a national panel of experts who analyze survey findings, make content recommendations for written exam and conduct a criticality review of all clinical skills.
- Periodic National Exam Council (NEC) meetings ensure that the exam remains up-to-date.

Exam Details:
- Questions: 50 operational and 10 pretest
- Time: 1½ hour time allowance
- Language: English/ Spanish in select states.
- Questions written at a 4th to 6th grade reading level
- Detailed Content Outline in Candidate Information Bulletin, including practice questions
- Role of the Nurse Aide – 20%
- Promotion of Safety – 22%
- Promotion of Function and Health of Residents – 20%
- Basic Nursing Care Provided by the Nurse Aide – 24%
- Providing Specialized Care for Residents with Changes in Health – 14%
- Online National Interactive Practice Exam link on website

Written/Oral Knowledge Exams:
- Meet Federal Standards for NATCEP
- Nationally relevant exam administered in 14 states
- Available in English only for VTCNA
- Oral version available using professionally recorded audio to accompany text on the screen
- Updated periodically; new items pre-tested on an ongoing basis
- Eligible candidates have three opportunities to pass before they are locked out from retesting until state requirements are completed
- Internet-based delivery of exams, with same day official results

Clinical Skills Exams:
- Clinical Skills Exam consists of five skills:
  - Three skills are prompted
  - Two skills are unprompted (handwashing and indirect care)
- Skills are comprised of evaluation criteria (checkpoints which are published for candidates)
- Checkpoints are weighted (secure information)
- Candidates must pass all five skills to pass the exam
- Standard setting used to determine minimal competency and the points required to pass each skill.
Overview of Clinical Exam

There are 22 skills that are part of the Clinical Skills Test.

A Clinical Skills Test consists of five scored skills. All candidates taking this test are scored on the Handwashing and Indirect Care skills. When a candidate takes the exam, instructions will be given for the other three skills that are part of the test.

Overall Clinical Skills Lists
(Includes all Prometric Nurse Aide States)

- Pulse
- Respirations
- ROM - Elbow and Wrist
- ROM - Hip, Knee and Ankle
- ROM - Shoulder
- Bedpan
- Change Occupied Bed
- Handwashing
- Urinary Drainage Bag
- Indirect Care
- Catheter Care
- Perineal Care
- Partial Bedbath
- Dressing
- Transfer
- Hand and Nail Care
- Ambulation
- Feeding
- Mouthcare
- Denture Care
- Change of Position
- Foot Care
<table>
<thead>
<tr>
<th>Level Of Difficulty</th>
<th>Personal Care</th>
<th>Promotion of Health and Function</th>
<th>Measure and Record Skills</th>
</tr>
</thead>
</table>
| Most                | • Perineal Care  
• Catheter Care  
• Dressing  
• Change Occupied Bed  
|                   | • Positioning  
• Transfer  | • Pulse  |
| Moderate            | • Mouth Care- Denture  
• Mouth Care- Brushing Teeth  
• Bedpan  
• Partial Bed Bath  | • Ambulate  
• ROM- hip, knee and ankle  | • Contents of Urinary Drainage Bag  
• Feeding  |
| Least               | • Foot care  
• Hand & Nail Care  | • ROM- shoulder  
• ROM- elbow & wrist  | • Respirations  |
When Candidates are called into the testing room, the Nurse Aide Evaluator will:

• Ask to see government-issued identification (with photo and signature). *Name on ID must match name on the roster.*

• Require candidate to empty pockets and store personal belongings in the testing room.

• Show candidate around the testing room to give candidate a chance to see the supplies and equipment needed to perform skills. At this time candidates may try using any of the equipment.

• Give candidates a chance to ask questions about the orientation and the instructions on the general instruction card for clinical skills test.

• Nurse Aide Evaluator may not provide information related to how a skill is performed or what the equipment is used for.

• Nurse Aide Evaluator will tell candidate when they will take their test and when they will play a resident.

*Rude or disruptive behavior will not be tolerated*
When Candidate is ready to begin the test, the Nurse Aide Evaluator will:

- Give candidate a card that has the list of skills candidates are to perform with instructions for each skill. Nurse Aide Evaluator will read the information to the candidate.
- Read candidate the instructions for each skill.
- Give candidate required measurement form.
- Tell candidate how much time candidate will have for test.
- Give candidate time to review the skills instruction card.

Rude or disruptive behavior will not be tolerated
The candidate is asked to take the resident’s radial pulse, measured at the wrist. The pulse should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident’s pulse rate. The role of the resident is played by a candidate.

**Common Mistakes to Avoid**

- Fingers in the middle or ulna side of wrist
- Using thumb instead of fingers to check pulse
- Counting more than one minute
- Counting less than one minute
- Counting 30 seconds & not multiplying by 2
- Counting respiration instead of pulse
- Not documenting before saying done.
Measure and Record Respirations

The candidate is asked to count the resident’s respirations. The respirations should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident’s respiration rate. The role of the resident is played by a candidate.

Common Mistakes to Avoid

- Counting less than one minute
- Counting more than one minute
- Counting 30 seconds & not multiplying by 2
- Counting pulse instead of respirations
- Not documenting before saying done
The candidate is asked to provide Range of Motion exercises on specific joints. The resident is not able to help with the exercises. The joints and which side as well as a description of the exercises is listed on the care plan. The candidate should perform each exercise 3 times. The role of the resident is played by a candidate.

Common Mistakes to Avoid

- Completing ROM on the wrong side
- Completing ROM on the wrong joints
- Adding a joint that is not listed on the care plan

Range of Motion
- Elbow and Wrist
- Hip, Knee, Ankle
- Shoulder
Catheter Care

Common Mistakes to Avoid

- Only cleaning the catheter
- Wiping back to front
- Not using soap
- Not rinsing
- Not changing area of washcloth with each stroke

The candidate is asked to provide catheter care to a female resident who has an indwelling urinary catheter. Soap and water should be used for the catheter care. For testing purposes, only the cleansing of the front perineal area and catheter are evaluated; cleansing of the rectal area and buttocks is not tested in this skill. A manikin is used for the role of the resident.
The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. A Food and Fluid Intake Form (sample provided on the website) is provided to record the resident’s estimated food and fluid intake. The role of the resident is played by a candidate.

**Common Mistakes to Avoid**

- Not lifting actors head up before first bite or drink
- Not offering a drink after every 2-3 bites
- Not documenting before saying done
Provide mouth care to a resident who has teeth
A resident who has his/her natural teeth is lying in bed and needs mouth care. The resident is not able to provide own mouth care. The role of the resident is played by a candidate.

Provide mouth care to a resident who has a denture
A resident is sitting at an overbed table and the resident’s denture is in a denture cup. The resident is not able to provide own mouth or denture care. The resident’s denture needs to be cleaned and the resident needs mouth care. The denture is stored in a denture cup after cleaning. The role of the resident is played by a candidate.

Common Mistakes to Avoid

- Not lifting head of the bed adequately for brushing teeth
- Not wearing gloves
The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a candidate.

**Common Mistakes to Avoid**

- Not putting shoes on before standing
- Not locking wheelchair before standing
- Not moving foot-rest out of way before standing
- Not having actor’s feet flat on floor before standing
The candidate is asked to provide perineal care to a resident who is incontinent of urine. The resident is lying in bed on a wet underpad and is wearing a hospital-style gown that is dry. A manikin is used for the role of the resident.

**Perineal Care**

**Common Mistakes to Avoid**

- Wiping back to front
- Not using soap
- Not rinsing
- Not cleaning buttocks/rectal area.
Partial Bedbath

The candidate is asked to bathe a resident who is in bed and who is not able to help with his/her bathing. For testing purposes only, the candidate is asked to wash just part of the body so that technique can be evaluated. Instructions ask the candidate to wash the resident’s face, neck, back, one hand and arm, the chest and abdomen. Soap and water should be used for the bathing. The resident also needs a back rub. When completing the skill, the manikin is dressed in a clean hospital-style gown. A manikin is used for the role of the resident.

Common Mistakes to Avoid

- Not using soap
- Not rinsing
- Not cleaning back
- Not providing backrub with lotion
The candidate is asked to help a resident who has asked for a bedpan. For the purposes of testing, the candidate will pretend that the resident is not wearing underpants. The role of the resident is played by a candidate.

**Common Mistakes to Avoid**

- Not lifting head of bed after placing on bedpan
- Not providing toilet paper
- Not lowering head of bed before removing bedpan
- Not providing washcloth/wipes after using bedpan
When taking the test, candidates are not given instructions about when to wash their hands. This is because nurse aides are expected to know that their hands should be washed before any physical contact with a resident. Candidates are evaluated on how well they wash their hands (technique) during the first skill.

After the first skill is completed, for the remainder of the test, handwashing is evaluated as a part of Indirect Care with the checkpoint, “Use Standard Precautions and Infection Control Measures when providing care.” Handwashing is one of the five skills scored in every Clinical Skills Test.

Common Mistakes to Avoid

- Not washing hands prior to contact with resident
- Friction less than 20 seconds
- Not providing friction to the required surfaces
Clinical Skills Exam: Indirect Care Behaviors

*Indirect Care is evaluated during the performance of every skill (except handwashing) during the Clinical Skills Test.* The Indirect Care checkpoints that the evaluator will observe while candidates perform skills are:

Does the candidate:
- Greet resident, address by name, and introduce self?
- Provide explanations to resident about care before beginning and during care?
- Ask resident about preferences during care?
- Use Standard Precautions and infection control measures when providing care?
- Ask resident about comfort or needs during care or before care completed?
- Promote resident’s rights during care?
- Promote resident’s safety during care?
# Clinical Skills Exam: Indirect Care Behaviors

## Indirect Care Behaviors

<table>
<thead>
<tr>
<th>Skill</th>
<th>Standard Precautions - Infection Control</th>
<th>Comfort Needs</th>
<th>Rights</th>
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</table>
| Ambulate  | • refrain from touching resident before hands are clean  
             • end skill with clean hands                                                                              | • Per checkpoint       | • announce self or knock before entering room  
             • refrain from addressing resident using terms, other than a name, such as “honey” | • leave call light in or near resident’s hand, or on the bed within reach at end of skill  
             • leave bed in low position at end of skill                                                                   |
| Bedpan    | • refrain from touching resident before hands are clean  
             • end skill with clean hands  
             • avoid placing bedpan directly on the overbed table  
             • avoid holding clean or dirty linen against clothing  
             • avoid placing linen directly on floor  
             • remove gloves without contaminating self                                                          | • ask resident about comfort of bedpan position or position before leaving to use the bedpan per checkpoint | • announce self or knock before entering room  
             • refrain from addressing resident using terms, other than a name, such as “honey”  
             • close privacy curtain before providing care  
             • leave resident covered with top sheet while using the bedpan and at the end of the skill (arms do not need to be covered) | • leave call light in or near resident’s hand at end of skill  
             • leave bed in low position at end of skill                                                                   |
| Catheter Care | • refrain from touching resident before hands are clean  
             • end skill with clean hands  
             • avoid placing linen directly on floor  
             • use bath basin for bathing water  
             • remove gloves without contaminating self                                                            | • ask resident about comfort with water temperature per checkpoint | • announce self or knock before entering room  
             • refrain from addressing resident using terms, other than a name, such as “honey”  
             • minimize exposure of resident while bathing  
             • leave resident covered with top sheet at completion of care (arms do not need to be under covers) | • leave call light in or near resident’s hand at end of skill  
             • leave bed in low position at end of skill                                                                   |
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| Change an occupied bed* | • refrain from touching resident before hands are clean  
  • end skill with clean hands  
  • avoid placing soiled linen directly on overbed table  
  • avoid holding clean or dirty linen against clothing  
  • avoid placing linen directly on floor  
  • avoid fluffing, shaking, or throwing | • per checkpoint | • announce self or knock before entering room  
  • refrain from addressing resident using terms, other than a name, such as “honey”  
  • close privacy curtain before providing care  
  • refrain from leaving resident completely uncovered while top sheet being replaced | • leave call light in or near resident’s hand at end of skill  
  • leave bed in low position at end of skill |
| Change of position | • refrain from touching resident before hands are clean  
  • end skill with clean hands  
  • avoid holding pillow fully against clothing (e.g., hugging) | • per checkpoint | • announce self or knock before entering room  
  • refrain from addressing resident using terms, other than a name, such as “honey”  
  • close privacy curtain before providing care  
  • leave resident covered with top sheet at end of skill (arms do not need to be covered) | • leave call light in or near resident’s hand (on side turned toward) at end of skill  
  • leave bed in low position at end of skill |
| Dressing | • refrain from touching resident before hands are clean  
  • end skill with clean hands  
  • avoid placing dirty gown directly on floor  
  • avoid holding clean or dirty clothing against candidate’s clothing | • per checkpoint | • announce self or knock before entering room  
  • refrain from addressing resident using terms, other than a name, such as “honey”  
  • close privacy curtain before providing care  
  • minimize exposure of resident while undressing/dressing | • leave call light in or near resident’s hand (stronger side) at end of skill  
  • leave bed in low position at end of skill |

*not tested in Wyoming*
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| Feeding        | • refrain from touching resident before hands are clean  
• end skill with clean hands  
• avoid holding clean or dirty linen, to include clothing protector, against clothing  
• avoid placing linen, to include clothing protector, directly on floor | • per checkpoint | • announce self or knock before entering room  
• refrain from addressing resident using terms, other than a name, such as “honey” | • leave call light in or near resident’s hand, or on the bed within reach at end of skill  
• leave bed in low position at end of skill |
| Foot care      | • refrain from touching resident before hands are clean  
• end skill with clean hands  
• avoid placing dirty linen directly on overbed table  
• avoid holding clean or dirty linen against clothing  
• avoid placing linen directly on floor except when used as barrier during foot care  
• remove gloves (if worn) without contaminating self | • ask resident about comfort with water temperature  
• per checkpoint | | • leave call light in or near resident’s hand, or on the bed within reach at end of skill  
• leave bed in low position at end of skill |
| Hand and nail Care* | • refrain from touching resident before hands are clean  
• end skill with clean hands  
• avoid placing dirty linen directly on floor  
• remove gloves (if worn) without contaminating self | • ask resident about comfort with water temperature  
• per checkpoint | • announce self or knock before entering room  
• refrain from addressing resident using terms, other than a name, such as “honey”  
• close privacy curtain before providing care | • leave call light in or near resident’s hand, or on the bed within reach at end of skill  
• leave bed in low position at end of skill |

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| Measure and record contents urinary | • refrain from touching resident before hands are clean  
                                  | drainage bag*  
                                  | • end skill with clean hands  
                                  | • remove gloves (if worn) without contaminating self  
                                  | • avoid placing dirty linen directly on floor except as barrier  
                                  | • avoid placing soiled linen directly on overbed table  
                                  | • avoid placing bedpan (if used) directly on overbed table | • per checkpoint                                                                                           | • announce self or knock before entering room  
                                  | • refrain from addressing resident using terms, other than a name, such as “honey”  
                                  | • close privacy curtain before providing care                                                                 | • leave call light in or near resident’s hand at end of skill  
                                  | • leave bed in low position at end of skill                                                                 |
| Measure and record pulse             | • refrain from touching resident before hands are clean  
                                  | • end skill with clean hands                                                                 | • per checkpoint                                                                                           | • announce self or knock before entering room  
                                  | • refrain from addressing resident using terms, other than a name, such as “honey”  
                                  | • close privacy curtain before providing care                                                                 | • leave call light in or near resident’s hand at end of skill  
                                  | • leave bed in low position at end of skill                                                                 |
| Measure and record respirations      | • refrain from touching resident before hands are clean  
                                  | • end skill with clean hands                                                                 | • per checkpoint                                                                                           | • announce self or knock before entering room  
                                  | • refrain from addressing resident using terms, other than a name, such as “honey”  
                                  | • close privacy curtain before providing care                                                                 | • leave call light in or near resident’s hand at end of skill  
                                  | • leave bed in low position at end of skill                                                                 |
| Mouth care – brush teeth             | • refrain from touching resident before hands are clean  
                                  | • end skill with clean hands  
                                  | • avoid holding clean or dirty linen against clothing | • per checkpoint                                                                                           | • announce self or knock before entering room  
                                  | • refrain from addressing resident using terms, other than a name, such as “honey”  
                                  | • close privacy curtain before providing care                                                                 | • leave call light in or near resident’s hand at end of skill  
                                  | • leave bed in low position at end of skill                                                                 |

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| **Mouth care – denture** | - refrain from touching resident before hands are clean  
- end skill with clean hands  
- avoid holding clean or dirty linen against clothing  
- avoid placing linen directly on floor  
- remove gloves without contaminating self | - ask resident about comfort with water temperature  
- per checkpoint                                              | - announce self or knock before entering room  
- refrain from addressing resident using terms, other than a name, such as “honey”  
- close privacy curtain before providing care             | - leave call light in or near resident’s hand, or on the bed within reach at end of skill  
- leave bed in low position at end of skill               |
| **Partial bed bath**    | - refrain from touching resident before hands are clean  
- end skill with clean hands  
- avoid holding clean or dirty linen against clothing  
- avoid placing linen directly on floor  
- use bath basin to contain bath water  
- remove gloves (if worn) without contaminating self     | - ask resident about comfort with water temperature  
- per checkpoint                                              | - announce self or knock before entering room  
- refrain from addressing resident using terms, other than a name, such as “honey”  
- close privacy curtain before providing care             | - leave call light in or near resident’s hand at end of skill  
- leave bed in low position at end of skill               |
| **Perineal care**       | - refrain from touching resident before hands are clean  
- end skill with clean hands  
- avoid placing soiled linen (e.g., washcloth, towel, underpad) directly on overbed table  
- avoid holding clean or dirty linen against clothing  
- avoid placing linen directly on floor  
- use bath basin for bathing water  
- remove gloves without contaminating self               | - ask resident about comfort with water temperature  
- per checkpoint                                              | - announce self or knock before entering room  
- refrain from addressing resident using terms, other than a name, such as “honey”  
- close privacy curtain before providing care             | - leave call light in or near resident’s hand at end of skill  
- leave bed in low position at end of skill               |
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</table>
| Range of Motion (ROM) | • refrain from touching resident before hands are clean  
• end skill with clean hands                                                                                     | *per checkpoint* | • announce self or knock before entering room  
• refrain from addressing resident using terms, other than a name, such as "honey"  
• close privacy curtain before providing care  
• leave resident covered with top sheet at completion of care (arms do not need to be under covers) | • leave call light in or near resident’s hand at end of skill  
• leave bed in low position at end of skill                                                                         |
| Transfer          | • refrain from touching resident before hands are clean  
• end skill with clean hands                                                                                     | *per checkpoint* |                                                                                               |                                             |
Prometric Resources

Please visit www.prometric.com/nurseaide/vt
Click on Candidate Resources- Prepare for Exam

Clinical Skills Checklist

Clinical Skills Test General Instructions

Clinical Skills Timing Study

Indirect Care Behaviors
https://www.prometric.com/sites/default/files/IndirectCareBehaviors.pdf

Measurement Forms
www.prometric.com/nurseaide/vt

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Prometric Vermont Phone Number
800-544-3926
Hours of Operation: 9 AM- 6 PM (EST)
Monday- Friday
Q. Will you give demonstrations of the skills that are tested?
A. No, because there can different ways to meet the objective of the checkpoints.

Q. The specific expectations of each skill set down to how to place a pillow behind the back during side lying.
A. The goal is for the candidate to have a pillow or positioning device in place that will maintain side lying position.

Q. How do you handle partners when there is an odd number of testing candidates?
A. Candidates may play the role of the actor twice for an odd number of candidates.

Q. Will the students be wearing real gloves during the skill sets?
A. Candidates are required to wear gloves for certain skills. Pretending is not allowed.

Q. Does one candidate perform the role of patient twice? Not fair that the odd person would have to do their skills on a manikin?
A. The candidates play the role of the resident for their partner. If the skill requires a manikin the nurse will place the manikin in the bed or direct the candidate to a second bed with a manikin.

Q. Will they be using real water and soap during any skill normally using water ie bathing, cath care, nail care, peri, etc?
A. If the skill mentions water and/or soap, they must be used. Pretending is not allowed.

Q. Are we testing on all skills?
A. Candidates are expected to be prepared to test on all skills. They will be assigned the skill sets randomly.