

# SKILLS U.S.A. STATE COMPETITION PACKET FOR NURSE ASSISTING

Dear Nurse Assisting Contestant,

The Nursing Assistant SKILLS USA event will be held at United Technologies Center in the Health Suite on the second floor. This year, we will use a similar program for this event as we have used in previous years. Refer to Skills USA website for clothing requirements as well as all of the equipment, core standards and skills.

## **The Nurse Assisting Competition will include:**

- I. A 100 question multiple choice exam The questions will be taken from the Health Occupations Core as outlined in the Skills, U.S.A. Nurse Assisting Competitive event materials
- II. Lab stations for the anatomy, physiology and medical terminology
- III. *The hands on skill events will be the ones from the Diversified Health Occupations Text. As you know, we may use any of the skills identified in the Skills USA Competitive Event guidelines .**Be sure to review all of the skills that may possibly be part of the competitive event***  
Possible hands on skills event may include at least 8 of the following:
  - a. Handwashing and gloving
  - b. Obtaining and charting vital signs
  - c. One person transfer from bed to wheelchair, with gait belt
  - d. Assisting a client to walk with a walker/cane
  - e. Documenting Intake and output
  - e. Applying and removing personal protective equipment
  - f. Assist with, or provide range of motion exercises
  - g. Application of an elastic stocking
  - h. Measure and record an apical pulse
  - i. Feeding a client
  - j. j. Demonstrate denture care
- IV. An interview using your resume

During the skills competition, each judge will evaluate you on the following areas:

**Personal appearance:** 10 points

**Organization/ plan of work** (organization/use of equipment, convenience for the client) 10 points

**Attitude:** ( toward the patient, supervisors and tasks) 10 points

**Communication Skills:** (facial expression, ability to listen, ability to lower patient anxiety, ability to interpret and implement oral and written instructions, accuracy of written terminology) 20 points

**Process:** (safety measures, procedure knowledge and implementation, accuracy, speed, completeness, comfort for the client, understanding of involved procedures) assigned on each rubric for the skill.

**You do not need to bring a portfolio.** If you should do so, we will be judging your resume only.

**Items that are to be supplied by the contestants include:**

A black pen, wrist watch with a second hand

Two pairs of Non-Latex gloves

A pair of goggles

Three copies of your one-page resume

If you have any questions, please talk with your instructor who will be able to contact one of the competitive event committee members. E-mail- [Roanne.seeley@meahec.org](mailto:Roanne.seeley@meahec.org) or 947-0845

Please remember that the Nurse Assistant competitive event serves as a chance to meet new people and learn new and exciting things. We hope you will enjoy this opportunity to compete with other Nurse Assistant students in the state. **You are the best of the best.** And the exciting part of this is that one of you will be attending the National Skills USA convention in Kansas City. Work hard and let this person be **YOU!!!**

Congratulations on being the person to compete from your school. We know you will make them proud