Clinical Nursing

Event Category: Health Professions

Eligible Divisions: **Postsecondary / Collegiate ONLY**	**Round One:** Online 50 Q test (60 minutes)	**Digital Upload:** NO
Solo Event: 1 competitor	**Round Two:** Skill(s) assessment	

Round 1 will take place during the SLC Online Testing Window
February 24-March 2 (8am-6pm)

- ✓ **Chapter advisors will coordinate testing time and location for the online testing session within the testing window.**
- ✓ **Chapter advisor must designate a proctor for the testing session that does not have content knowledge related to any HOSA event ensuring the integrity of the competitive events program**

Event Summary

Clinical Nursing provides members with the opportunity to gain the knowledge and skills required in the nursing field. This competitive event consists of two rounds. For SLC, Round One is an online, multiple-choice test and top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	• **Round One:** The Chapter Advisor will determine the dress code requirements for all SLC online testing events. • **Round Two**: Attire appropriate to the occupational area. 26-27 HOSA Appendix D Dress Code FINAL .docx
Competitors Must Provide	• Laptop with internet access to the HOSA Online Testing System: https://testing.hosa.org/ • Photo ID for Round 2 • Non-latex gloves, gown, goggles or safety glasses, mask, eye shield or face guard • Straight catheterization tray (disposable) Sample shown here • Sterile gloves HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and skill rating sheets: • Perry and Potter. *Clinical Nursing Skills and Techniques*. Elsevier Science/Mosby, Inc., Latest edition. • Rosdahl and Kowalski. *Textbook of Basic Nursing*. Wolters Kluwer, Latest edition.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

ROUND ONE- Test

Test Instructions	The online test will consist of 50 multiple-choice items in a maximum of 60 minutes.
Online Test Plan	Clinical Nursing Test Plan: ● Basic Care - 20% ● Clinical Care Through the Life Span - 20% ○ Maternal / Newborn ○ Pediatrics ○ Adulthood and Gerontology ○ Mental Health ○ Home Care, Extended Care, Rehabilitation, Hospice ● Clinical Care for Systems Diseases and Disorders - 60% ○ Structure and Function ○ Signs and Symptoms ○ Nursing Assessment and Diagnosis ○ Pharmacology and Medication Management ○ Nutrition, Fluid and Electrolyte Balance ○ Medical and Surgical Treatments
Sample Test Questions	1. When using reflective journaling to self-evaluate one's clinical skills, what does the letter "F" in the reflect mode represent? (Perry pp 13) A. Facts **B. Feelings** C. Focus D. Family 2. A patient has just undergone a right nephrectomy. What are the signs and symptoms that indicate postoperative hemorrhaging and shock? (Rosdahl pp 818) A. Cyanosis, nausea, vomiting, and constricted pupils B. Even, unlabored respirations; tachycardia; hemoptysis C. Restlessness, confusion, increased urine output, and warm, dry skin **D. Hypothermia; thready, rapid pulse; cold, clammy skin; hypotension** 3. What strategy may a nurse employ to reduce alarm fatigue in a care unit? (Perry pp 795) A. Change pulse oximeter probes daily B. Assign a nurse to be the alarm responder **C. Set alarm parameters for individuals according to unit policy** **D.** Change ECG electrodes every shift or earlier if unit policy recommends

ROUND TWO- Skills Assessment

1. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two.

   Round Two finalists will be posted on the conference app and HOSA SLC website.

2. Round Two is a selected skill(s) performance. The Round Two skills approved for this event are:

Skill I-A: Administer Medication Intramuscular	**11 minutes**
Skill I-B: Administer Medication Subcutaneous	**11 minutes**
Skill I-C: Administer Medication Intradermal	**11 minutes**
Skill II: Inserting a Nasogastric Tube	**15 minutes**
Skill III: Urinary Catheterization – Straight	**15 minutes**
Skill IV: Performing a Sterile Wound Irrigation	**14 minutes**
Skill V: Postmortem Care of the Body	**10 minutes**
Skill VI: Assisting the Patient with Postoperative Exercises	**8 minutes**
Skill VII: Prophylaxis for the Eyes of the Neonate	**5 minutes**
Skill VIII: Donning & Doffing PPE	**5 minutes**

For all skills, body fluids will be simulated products.

3. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. A sample scenario can be found here. Some scenarios may involve the combination of multiple skills. If the event rating sheets are combined, it is not necessary to repeat a task a second time. An example would be competitors would not need to identify the patient twice.

4. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. The scenario is a secret topic that includes Physician's Orders for the skills to be performed. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.

5. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)

6. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to the patient's condition and will be included in the scenario or judge script. **Judges <u>will not</u> respond to questions that are not included in the judge script!**

7. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skills Assessment in order to be recognized as an award winner at the SLC.

2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

International Leadership Conference (ILC) qualifiers

Go to https://hosa.org/guidelines/ for specifics about this competitive event at ILC.

June 22-25, 2027, Pennsylvania Convention Center in Philadelphia, Pennsylvania

High School/Post-Secondary/Collegiate Seniors

Don't wait until you graduate to join the HOSA alumni network! Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

SC HOSA Scholarship

Application: https://www.schosa.org/students/scholarships/
Application Window Opens: December 1, 2026
Application Deadline: February 1, 2027

National HOSA Scholarship

Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: https://hosa.org/scholarships/.

Clinical Nursing

Skill I-A: Administer Medication - Intramuscular

Time: 11 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill I-A: Administer Medication - Intramuscular	Possible		Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2**	**0**	
2.	Prepared equipment and supplies (correct syringe and needle).	**2**	**0**	
3.	Verified medication administration record with physician's order.	**2**	**0**	
4.	Prepared medication a. Selected correct drug from stock supply by comparing against medication administration record.	**2**	**0**	
	b. Checked expiration date on medication.	**2**	**0**	
	c. Calculated drug dose as necessary.	**4**	**0**	
	****Judge verifies the calculations for points to be awarded.***			
5.	Placed vial on flat surface and removed cover from the vial.	**1**	**0**	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	**1**	**0**	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	**1**	**0**	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	**1**	**0**	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	**1**	**0**	
10.	Obtained correct amount of medication and removed the needle from the vial.	**2**	**0**	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed).	**1**	**0**	
12.	Changed needle if indicated.	**1**	**0**	
13.	Covered needle with safety sheath or cap.	**1**	**0**	

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

14.	Used sterile technique while filling syringe.	**2 0**	
15.	Greeted the patient and introduced self.	**1 0**	
16.	Identified patient by checking ID bracelet and asking patient's name.	**2 0**	
17.	Explained skill to patient.	**2 0**	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	**1 0**	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	**2 0**	
Skill I-A: Continued...		**Possible**	**Awarded**
20.	Assisted patient to comfortable position according to site selected.	**1 0**	
21.	Selected and inspected injection site using anatomical landmarks.	**1 0**	
22.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward for about 5 cm or 2 inches and allowed to dry.	**2 0**	
23.	**Administer Medication Intramuscular:** a. Pulled protective cap of needle off in a straight direction.	**1 0**	
	b. Held skin taut (unless muscle mass is small and needed to bunch skin) with non-dominant hand.	**1 0**	
	c. Held syringe between thumb and forefinger of dominant hand at a 90 degree angle to injection site.	**1 0**	
	d. Injected quickly at a 90 degree angle into muscle.	**1 0**	
	e. Released skin and grasped lower end of syringe barrel with non-dominant hand.	**1 0**	
	f. Aspirated by pulling back on plunger with dominant hand and if blood is seen, remove and prepare a new injection-(unless contraindicated such as vaccines or heparin).	**1 0**	
	g. Injected medication at a slow and steady rate.	**1 0**	
	h. Withdrew needle quickly at the same angle as insertion and gently applied alcohol swab or dry gauze over injection site.	**1 0**	
	i. Applied gentle pressure over injection site, without massaging.	**1 0**	

	j. Pulled the sheath over the safety syringe and twist until it locks.	**1 0**	
	k. Placed discarded, uncapped needle and attached safety syringe in a puncture- and leak-proof receptacle.	**1 0**	
	l. Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
	m. Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	**1 0**	
24.	Recorded medication on MAR.	**2 0**	
25.	Recorded assessment in nurses notes as appropriate.	**2 0**	
26.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
27.	Practiced standard precautions throughout skill.	**2 0**	
	Total Points- Skill I-A: 70% Mastery for Skill I-A: 42	**60**	

Clinical Nursing

Skill I-B: Administer Medication - Subcutaneous

Time: 11 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill I-B: Administer Medication- Subcutaneous	**Possible**	**Awarded**
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
2.	Prepared equipment and supplies (correct syringe and needle).	**2 0**	
3.	Verified medication administration record with physician's order.	**2 0**	
4.	**Prepared medication:** a. Selected correct drug from stock supply by comparing against medication administration record.	**2 0**	

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	b. Checked expiration date on medication.	**2** **0**	
	c. Calculated drug dose as necessary.	**4** **0**	
	***Judge verifies the calculations for points to be awarded.**		
5.	Placed vial on flat surface and removed cover from the vial.	**1** **0**	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	**1** **0**	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	**1** **0**	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	**1** **0**	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	**1** **0**	
10.	Obtained correct amount of medication and removed the needle from the vial.	**2** **0**	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed).	**1** **0**	
12.	Changed needle if indicated.	**1** **0**	
13.	Covered needle with safety sheath or cap.	**1** **0**	
14.	Used sterile technique while filling syringe.	**2** **0**	
15.	Greeted the patient and introduced self.	**1** **0**	
16.	Identified patient by checking ID bracelet and asking patient's name.	**2** **0**	
17	Explained skill to patient.	**2** **0**	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	**1** **0**	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	**2** **0**	
20.	Assisted patient to comfortable position according to site selected.	**1** **0**	
Skill I-B: Continued...		**Possible**	**Awarded**
21.	Instructed patient to relax arm, leg or abdomen depending on site selected.	**1** **0**	

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22.	Selected and inspected injection site using anatomical landmarks.	**1** **0**	
23.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward for about 5 cm or 2 inches and allowed to dry.	**2** **0**	
24.	**Administer Medication Subcutaneous:** a. Pulled protective cap of needle off in a straight direction.	**1** **0**	
	b. Held skin across or pinched skin at selected site with non-dominant hand.	**1** **0**	
	c. Held syringe between thumb and forefinger of dominant hand at a 45-to-90 degree angle to injection site.	**1** **0**	
	d. Injected quickly at a 45-to-90-degree angle into adipose tissue.	**1** **0**	
	e. Released skin and grasped lower end of syringe barrel with non-dominant hand.	**1** **0**	
	f. Injected medication at a slow and steady rate.	**1** **0**	
	g. Withdrew needle at the same angle it was inserted and gently applied alcohol swab or dry gauze over injection site.	**1** **0**	
	h. Applied gentle pressure over injection site, without massaging.	**1** **0**	
	i. Discarded uncapped needle and attached syringe in a puncture-and leak-proof receptacle.	**1** **0**	
	j. Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	**2** **0**	
	k. Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	**1** **0**	
25.	Recorded medication on MAR.	**2** **0**	
26.	Recorded assessment in nurses notes as appropriate.	**2** **0**	
27.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2** **0**	
28.	Practiced standard precautions throughout skill.	**2** **0**	
	Total Points- Skill I-B: 70% Mastery for Skill I-B: 41.3	**59**	

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Clinical Nursing

Skill I-C: Administer Medication - Intradermal

Time: 11 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill I-C: Administer Medication - Intradermal	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
2.	Prepared equipment and supplies (correct syringe and needle).	**2 0**	
3.	Verified medication administration record with physician's order.	**2 0**	
4.	Prepared medication a. Selected correct drug from stock supply by comparing against medication administration record.	**2 0**	
	b. Checked expiration date on medication.	**2 0**	
	c. Calculated drug dose correctly.	**4 0**	
	****Judge verifies the calculations for points to be awarded.***		
5.	Placed vial on flat surface and removed cover from the vial.	**1 0**	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	**1 0**	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	**1 0**	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	**1 0**	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	**1 0**	
10.	Obtained correct amount of medication and removed the needle from the vial.	**2 0**	

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11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed).	**1 0**	
12.	Changed needle if indicated.	**1 0**	
13.	Covered needle with safety sheath or cap.	**1 0**	
14.	Used sterile technique while filling syringe.	**2 0**	
15.	Greeted the patient and introduced self.	**1 0**	
16.	Identified patient by checking ID bracelet and asking patient's name.	**2 0**	
17	Explained skill to patient.	**2 0**	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	**1 0**	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	**2 0**	
20.	Assisted patient to comfortable position according to site selected.	**1 0**	
Skill I-C: Continued…		**Possible**	**Awarded**
21.	Selected appropriate site – 3 to 4 finger widths below antecubital space and one hand width above wrist.	**1 0**	
22.	Instructed patient to extend elbow and support elbow and forearm.	**1 0**	
23.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward 5 cm to 2 inches and allowed to dry.	**2 0**	
24.	Administer Medication Intradermal: a. Pulled protective cap of needle off in a straight direction.	**1 0**	
	b. With nondominant hand stretched skin across site with forefinger or thumb.	**1 0**	
	c. With needle against patient's skin insert needle slowly at 5 to 15 degree angle with bevel up; until resistance is felt. Advance through epidermis (bulge of needle tip evident through skin).	**1 0**	
	d. Injected medications slowly.	**1 0**	
	e. Noted small bleb appeared on skin.	**1 0**	
	f. Withdrew needle at the same angle as inserted and gently applied alcohol swab or	**1 0**	

	dry gauze over injection site. DO NOT MASSAGE.			
	g. Discarded uncapped needle and attached syringe in a puncture and leak-proof receptacle.	**2**	**0**	
	h. Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	**2**	**0**	
	i. Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	**1**	**0**	
25.	Recorded medication on MAR.	**2**	**0**	
26.	Recorded assessment in nurses notes as appropriate.	**2**	**0**	
27.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
28.	Practiced standard precautions throughout skill.	**2**	**0**	
	Total Points- Skill I-C: 70% Mastery for Skill I-C: 40.6	**58**		

Competitor ID#:	
Medication Administration Record	
Patient:	**ID#:**
Physician:	**Year:**
Allergies:	**Admission Date:**

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Standing Orders	Times	Date						
		/	/	/	/	/	/	/
PRN Medications – Write the date, time given and initials inside the box for each dosage given.								

Name _____Signature _____Initials: _____
Name _____Signature _____Initials: _____
Name _____Signature _____Initials: _____

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Clinical Nursing

Skill II: Inserting a Nasogastric Tube

Time: 15 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill II: Inserting a Nasogastric Tube	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
2.	Checked physician's order (scenario) for type, size and purpose of tube.	**2 0**	
3.	Assembled equipment and supplies.	**1 0**	
4.	Set up tube feeding or suction equipment (based on scenario) and tested to make sure functioning properly.	**1 0**	
5.	Greeted patient and introduced self.	**1 0**	
6.	Located two identifiers to confirm patient.	**2 0**	
7.	Explained skill to patient and the purpose.	**2 0**	
8.	Obtained privacy.	**1 0**	
9.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
10.	Put on nonsterile gloves.	**2 0**	
11.	Placed patient in a full Fowler position if not contraindicated.	**1 0**	
12.	Placed towel over the client's chest in bib-type protection	**1 0**	
13.	**Measured tubing length:** a. First measurement made from the tip of the patient's nose to the earlobe.	**1 0**	
	b. Second measurement made from above point on earlobe to the xiphoid process.	**1 0**	
	c. Marked the spot with a small piece of temporary tape.	**1 0**	
14.	Used a damp washcloth without soap to wipe the patient's face and nose.	**1 0**	

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	***Judge will state, "nose requires or does not require cleansing with an alcohol pad".**		
15.	Placed dry cloth over the patient's eyes and cleaned the nose with an alcohol wipe.	**1 0**	
16.	**Test for Nares Obstruction:** a. Tested the nares for obstruction by closing one nostril and then the other and asked the patient if difficulty breathing is experienced.	**1 0**	
	***Judge will state, "nares unobstructed or left/right nostril obstructed"**		
	b. If obstruction present, used unobstructed nostril for insertion.	**1 0**	
17.	Applied water-soluble lubricant to 4 to 8 inches of the tube.	**1 0**	
18.	Flexed the head forward and tilted the tip of the nose upward and inserted tube gently into the nose to as far as the back of the throat.	**1 0**	
Skill II: Continued...		**Possible**	**Awarded**
19.	When the tube reaches the nasopharynx, stopped and instructed patient to lower their head slightly.	**1 0**	
20.	Had patient lower their head, asked patient to hold glass of water with a straw while keeping an emesis basin and tissue available.	**1 0**	
21.	Instructed patient to breathe through their mouth while tube is inserted.	**1 0**	
22.	Asked patient to swallow as the tube is advanced, and advanced tube each time patient swallowed until the marked part of the tube is reached.	**1 0**	
	***Judge will ask competitor, "what would you do if coughing, persistent gagging, cyanosis or dyspnea are noted?**		
23.	Competitor verbalized that tube would be removed immediately and insertion attempted using other nostril.	**2 0**	
24.	When tubing reaches marked insertion point placed a temporary piece of tape across the nose and tube.	**1 0**	
25.	Checked the back of the patient's throat to make sure that tubing is not curled in the back of the throat with use of tongue blade and flashlight.	**1 0**	
	***Judge will state, "confirmation of correct placement by x-ray"**		
26.	Used prepared tape strips to secure tubing.	**1 0**	
27.	Secured tubing to the patient's gown by using rubber band and safety pin.	**1 0**	
28.	Ensured comfort and safety of patient.	**1 0**	
29.	Disposed of materials properly.	**2 0**	
30.	Removed gloves and disposed of gloves.	**2 0**	

31.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
32.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
33.	Practiced standard precautions throughout skill.	**2 0**	
34.	Documented and reported procedure and findings.	**2 0**	
	TOTAL POINTS -- SKILL II 70% Mastery for Skill II = 35	**50**	

Clinical Nursing

Skill III: Urinary Catheterization - Straight

Time: 15 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill III: Urinary Catheterization - Straight	**Possible**	**Awarded**
1.	Washed hands or used alcohol based hand-rub for hand hygiene and applied gloves.	**2 0**	
2.	Assembled equipment and supplies.	**1 0**	
3.	Checked physician's order (scenario)..	**2 0**	
4.	Greeted patient and introduced self.	**1 0**	

5.	Identified patient by checking ID band asking patient name.	**2**	**0**	
6.	Assessed status of patient to determine equipment needs, level of cooperation and mobility.	**1**	**0**	
7.	Determined if client is allergic to any antiseptic, such as Betadine, or latex.	**2**	**0**	
8.	Explained skill to patient and provided privacy.	**2**	**0**	
9.	Raised bed to working height and lowered side rail on working side. (As appropriate)	**1**	**0**	
10.	**Positioned patient:** Male – supine position with thighs slightly abducted. Female – supine position with feet apart and knees flexed.	**1**	**0**	
11.	Placed waterproof pad under the patient and draped patient with a sheet as appropriate.	**1**	**0**	
12.	Positioned light or other light source (held by assistant) to illuminate perineal area (if applicable).	**1**	**0**	
13.	Applied clean gloves.	**2**	**0**	
14.	Cleaned perineal area with soap, water, rinsed and dried.	**2**	**0**	
15.	Used fingers to retract tissue for examining patient and identifying urinary meatus.	**1**	**0**	
16.	Removed and discarded gloves.	**2**	**0**	
17.	Washed hands or used alcohol-based handrub for hand hygiene.	**2**	**0**	
18.	Prepared biohazard bag for discarding used materials.	**2**	**0**	
19.	**Prepare Catheterization Kit:** a. Opened catheterization kit according to directions	**1**	**0**	
20.	Put on sterile gloves.	**2**	**0**	
21.	Draped perineum/penis while maintaining sterility of gloves and working surface of drape.	**2**	**0**	
22.	Organized supplies on sterile field and opened specimen container (if applicable).	**2**	**0**	
23.	Applied antiseptic solution to cotton balls or opened cleansing solution or swabs.	**2**	**0**	
Skill III: Continued...		**Possible**		**Awarded**

24.	Opened lubricant container and lubricated catheter; 1-2 inches for women and 5-7 inches for men.	**2**	**0**	
25.	**Male** a. Grasped penis at shaft below glans with non-dominant hand, and continued to hold throughout insertion of catheter.	**1**	**0**	
	b. With other hand, used forceps holding cotton ball with antiseptic solution, or swabs, to cleanse meatus in circular motion.	**2**	**0**	
	c. Repeated cleansing three times using a clean cotton ball or swab for each cleaning.	**2**	**0**	
	Female a. Spread labia minora with thumb and index finger of non-dominant hand to expose meatus; continued to hold throughout skill.	**1**	**0**	
	b. Cleansed area with forceps holding cotton ball with antiseptic solution, or swabs, from clitoris toward anus on far side of meatus in one downward motion, then repeated on the near side and third directly over the center of the urethra meatus toward the anus in one downward motion.	**2**	**0**	
	c. Used a clean cotton ball or swab for each area cleaned.	**2**	**0**	
26.	Picked up catheter with gloved dominant hand 3-4 inches from catheter tip, holding catheter loosely coiled in palm of dominant hand (if appropriate) and placing distal end of catheter in urine tray receptacle or specimen cup (if appropriate).	**1**	**0**	
27.	Asked patient to bear down gently as if to void.	**1**	**0**	
28.	Inserted catheter gently; 2-3 inches in female and 7-9 inches in male, or until urine flows out of catheter's end, collecting specimen as needed or allowing bladder to empty fully.	**2**	**0**	
29.	With dominant hand, withdrew catheter slowly and smoothly.	**1**	**0**	
30.	Removed drape and washed/dried perineum as needed.	**1**	**0**	
31.	Disposed of equipment, linen and used materials.	**2**	**0**	
32.	Removed and disposed of gloves.	**2**	**0**	
33.	Washed hands or used alcohol-based handrub for hand hygiene.	**2**	**0**	
34.	Practiced standard precautions throughout skill.	**2**	**0**	
35.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
36.	Documented skill and patient's tolerance in nurse's notes.	**2**	**0**	

TOTAL POINTS – SKILL III 70% Mastery for Skill III = 43.4	**62**	

Clinical Nursing

Skill IV: Performing a Sterile Wound Irrigation

Time: 14 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill IV: Performing a Sterile Wound Irrigation	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
2.	Checked physician's order (scenario)	**2 0**	
3.	Assembled equipment and supplies.	**1 0**	
4.	Greeted patient and introduced self.	**1 0**	
5.	Located two identifiers to confirm patient.	**2 0**	
6.	Explained skill to patient and the purpose.	**2 0**	
7.	Obtained privacy.	**1 0**	
8.	Put on gloves and eye shield or face guard.	**2 0**	
9.	Positioned patient so the solution will run from the upper end of the wound downward.	**1 0**	
10.	Placed the waterproof bed pad and clean basin or irrigating pouch under the area to be irrigated.	**1 0**	
11.	Draped the patient with a bath blanket exposing only the wound.	**1 0**	

12.	Removed the used dressing and discarded**.**	**1 0**	
13.	Discarded used gloves.	**2 0**	
14.	Repeated alcohol-based handrub for hand hygiene.	**2 0**	
15.	**Irrigation Tray:** a. Opened irrigation tray, using sterile technique.	**2 0**	
	b. Opened the irrigation solutions and placed on table, with the inside facing upward.	**1 0**	
	c. Poured solution from supply bottle into irrigation bottle. If the solution was previously used poured off a small amount of solution into the trash receptacle.	**1 0**	
	d. Left the cover off of the irrigation supply bottle with the inside cover pointing upward.	**1 0**	
	e. Placed the bottle close to the client on the overbed table. Dated and initialed the bottle after opening including client name and ID number.	**2 0**	
16.	Opened the sterile dressing and put on sterile gloves.	**2 0**	
17.	Prepared the inside of the irrigation tray and placed the irrigation syringe in the bottle.	**1 0**	
18.	Prepared other items needed for the dressing change and irrigation.	**2 0**	
19.	Assessed the amount and character of drainage and the size and condition of the wound and surrounding tissue.	**1 0**	
Skill IV: Continued…		**Possible**	**Awarded**
20.	Drew up solution into the syringe.	**1 0**	
21.	**Irrigation:** a. Held the syringe just above the wound's top edge and forced fluid into the wound slowly and continuously.	**1 0**	
	b. Used sufficient force to flush out debris but did not squirt or splash fluid.	**1 0**	
	c. Irrigated all portions of the wound but did not force solution into wound's pockets.	**1 0**	
	d. Continued irrigating until solution draining from bottom end of wound is clear.	**1 0**	
22.	Used sterile 4 x 4 pads, gently patted dry the wound's edges working from the cleanest to the most contaminated area.	**2 0**	
23.	Applied sterile dressing as ordered.	**2 0**	

24.	Removed PPE and irrigation supplies and disposed of properly.	**2 0**	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
26.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
27.	Practiced standard precautions throughout skill.	**2 0**	
28.	Documented and reported procedure and findings.	**2 0**	
	TOTAL POINTS -- SKILL IV 70% Mastery for Skill IV = 37.1	**53**	

Clinical Nursing

Skill V: Postmortem Care of the Body

Time: 10 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill V: Postmortem Care of the Body	**Possible**	**Awarded**
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

2.	Checked physician's order (scenario)	**2**	**0**	
3.	Assembled equipment and supplies.	**1**	**0**	
4.	Donned one or two pairs of gloves.	**2**	**0**	
5.	Donned protective gown.	**2**	**0**	
6.	Located two identifiers to confirm patient.	**2**	**0**	
7.	Straightened the body and placed small pillow behind the head.	**1**	**0**	
8.	If the person's eyes are to be donated, closed them and placed small ice pack on each eye. If not, verbalize for the judge that eyes are not to be donated.	**1**	**0**	
9.	Removed any jewelry and other belongings and placed in the client property bag and documented.	**1**	**0**	
10.	Closed the patient's mouth by placing a chin strap or rolled towel under the chin.	**1**	**0**	
11.	Removed all intravenous lines, monitors and other equipment unless ordered otherwise.	**1**	**0**	
12.	Removed all linens except for the sheet that covers the patient.	**1**	**0**	
13.	Bathed any part of the body that has been soiled with discharge.	**1**	**0**	
14.	Placed a clean incontinence pad under the patient.	**1**	**0**	
15.	Removed any soiled dressings and disposed of properly.	**1**	**0**	
16.	Applied clean dressing as needed.	**1**	**0**	
17.	Padded the wrist and ankles with gauze squares.	**1**	**0**	
18.	Labeled dentures or glasses if present for funeral home staff.	**1**	**0**	
19.	Attached identification tags to the body: a. one tied to the foot at the right great toe.	**1**	**0**	
	b. one tied on the hand or wrist.	**1**	**0**	
20.	Attached one identification tag to the covering sheet.	**2**	**0**	
21.	Used zippered bag to enclose the body.	**1**	**0**	

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22.	If patient had a known communicable disease noted on the zippered bag.	**2 0**	
Skill V: Continued...		**Possible**	**Awarded**
23.	Removed and disposed of PPE.	**2 0**	
24.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
25.	Practiced standard precautions throughout skill.	**2 0**	
26.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
27.	Documented and reported procedure.	**2 0**	
	TOTAL POINTS -- SKILL V 70% Mastery for Skill V = 28	**40**	

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Clinical Nursing

Skill VI: Assisting Patient with Postoperative Exercises

Time: 8 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill VI: Assisting Patient with Postoperative Exercises	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	2 0	
2.	Checked physician's order (scenario)	2 0	
3.	Assembled equipment and supplies.	1 0	
4.	Greeted patient and introduced self.	1 0	
5.	Locate two identifiers to confirm patient.	2 0	
6.	Explained skill to patient and the purpose.	2 0	
7.	Obtained privacy.	1 0	
8.	Put on gloves if evidence of any open drainage.	2 0	
9.	**Splinting an incision:** a. Used a pillow, folded bath blanket or large towel as a splint to distribute pressure evenly across the incision.	1 0	
	b. Assisted by holding the splint in the first preoperative days (per scenario).	1 0	
	c. Grasped the pillow or blanket at the edges and stretched across the client's incision.	1 0	
	d. Applied pressure firmly by pushing down on the splint for patient in the bed and pulled splint toward you from behind for the seated patient as patient coughs.	1 0	
10.	**Turning Coughing, and Deep Breathing (TCDB):** a. Instructed the patient to take a deep breath and hold it for 2 to 5 seconds.	1 0	
	b. Instructed the patient to do a double cough with the mouth open.	1 0	

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	c. Verbalized the process would be repeated several times each hour.	1 0	
11.	**Huffing:** a. Instructed patient to take a deep abdominal breath and then force air out in several short, quick breaths.	1 0	
	b. Instructed patient to take a second, deeper breath and force out in short, panting movements.	1 0	
	c. Instructed patient to take an even deeper breath and exhale quickly in strong huff.	1 0	
	d. Instructed the patient to repeat the series of breaths as ordered (scenario).	1 0	
12.	**Using Incentive Spirometer:** a. Positioned the patient as upright as possible without causing discomfort.	1 0	
	b. Explained the operation of the spirometer to the patient.	1 0	
	c. Set goal based on number of seconds or specific volume based on physician's order (scenario).	1 0	
Skill VI: Continued...		**Possible**	**Awarded**
	d. Instructed patient to cough to remove as much mucus as possible before treatment.	1 0	
	e. Instructed the patient to take slow, deep breaths and hold each breath at the end of inspiration for 2 to 5 seconds.	1 0	
	f. Repeated the procedure until patient has achieved established goal or has given best effort at least 8 to 10 times.	1 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Removed soiled gloves and disposed of properly.	2 0	
15.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
16.	Practiced standard precautions throughout skill.	2 0	
17.	Documented and reported procedure and findings.	2 0	
VI	**TOTAL POINTS -- SKILL** 70% Mastery for Skill VI = 28	**40**	

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Clinical Nursing

Skill VII: Prophylaxis for the Eyes of the Neonate

Time: 5 minutes

Competitor #:_____ **Division:**_____SS _____PS/C **Judge's Signature:**_____

	Skill VII: Prophylaxis for the Eyes of the Neonate	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	2 0	
2.	Applied nonlatex gloves.	2 0	
3.	Assembled equipment and supplies.	1 0	
4.	Cleaned over the baby's closed eyelids and surrounding area with sterile cotton balls moistened with sterile water.	2 0	
5.	Dried area with soft, sterile gauze.	2 0	
6.	Stabilized the baby's head.	2 0	
7.	Shaded the eyes from overhead lighting.	2 0	

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8.	Gently separated the lids of one eye by pressing on the lower and upper lids.	**2**	**0**	
9.	Placed a thin 1–to-2 cm line of Erythromycin Ophthalmic Ointment along the conjunctival sac.	**2**	**0**	
10.	Moved from the inner canthus to the outer canthus.	**2**	**0**	
11.	Did not touch the eyelid or eyeball.	**2**	**0**	
12.	Discarded used ointment.	**2**	**0**	
13.	Repeated steps 6- 12 for the other eye.	**14**	**0**	
14.	Verbalized closed first eye and counted to 5.	**2**	**0**	
15.	Manipulated eyelid carefully.	**2**	**0**	
16.	After 1 minute, gently wiped excess ointment from eyelid and surrounding skin with sterile water.	**2**	**0**	
17.	Repeated steps 14 – 16 for the other eye.	**6**	**0**	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
19.	Removed soiled gloves and disposed of properly.	**2**	**0**	
20.	Washed hands or used alcohol-based handrub for hand hygiene.	**2**	**0**	
21.	Practiced standard precautions throughout skill.	**2**	**0**	
22.	Documented and reported procedure and findings.	**2**	**0**	
	TOTAL POINTS -- SKILL VII 70% Mastery for Skill VII = 41.3	**59**		

Clinical Nursing

Skill VIII: Donning & Doffing PPE

Time: 5 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

	Skill VIII: Donning & Doffing PPE	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
2.	**DONNING:** Applied gown. a. Gown, fully covered torso from neck to knees and from arms to end of wrist, and wraps around the back to cover all outer garments.	**2 0**	
	b. Pulled sleeves down to wrist.	**2 0**	
	c. Secured by tying at neck and waist.	**2 0**	
3.	Applied mask. a. Secured ties or elastic bands at middle of head and neck.	**2 0**	
	b. Fitted flexible band to nose bridge.	**2 0**	
4.	Eyewear or Goggles a. Applied snuggly around face and eyes.	**2 0**	
5.	Applied clean gloves.	**2 0**	
	**** Judge states, skill is completed, remove PPE.***		
6.	**DOFFING:** Removed gloves a. Removed one glove by grasping cuff and pulling glove inside out over hand.	**2 0**	
	b. Held removed glove in gloved hand.	**2 0**	
	c. Slid fingers of ungloved hand under remaining glove at wrist.	**2 0**	
	d. Peeled glove off over first glove.	**2 0**	
	e. Discarded gloves in proper waste container.	**2 0**	
7.	Removed eyewear or goggles. a. Removed by handling by headband or earpieces.	**2 0**	
	b. Discarded appropriately.	**2 0**	
8.	Removed gown. a. Untied neck strings and then united back strings of gown.	**2 0**	
	b. Allowed gown to fall from shoulders touching inside of gown only.	**2 0**	
9.	Removed mask. a. If secures over ears, removed elastic from ears and pulled away from face OR for tie-on mask untied bottom mask strings and then top strings and pulled away from face.	**2 0**	
	b. Did not touch outer surface of mask.	**2 0**	
	c. Discarded mask in proper waste container.	**2 0**	
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	

Skill VIII: Continued...		Possible	Awarded
11.	Removed soiled gloves and disposed of properly.	2 0	
12.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
	TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 33.6	48	

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Competitor ID#:

HOSA Hospital
Nurses' Notes

Date	Time	Notes

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