Personal Care

Event Category: Health Professions

Eligible Divisions: Secondary **** This event is specifically for HOSA members classified under IDEA.**	**Round One:** Skill Assessment	**Digital Upload:** YES , **Accommodation Form Required** **Deadline: 11:59pm February 15th**
Solo Event: 1 competitor		

Event Summary

Personal Care allows members to gain the knowledge and skills required for patient care in medical settings. This competitive event consists of a skills assessment and aims to inspire members to learn more about the field of nursing and how to provide quality care. This event is specifically for HOSA members classified under IDEA.

IEP Event Eligibility & Information

1. Four (4) events in the HOSA Competitive Event Program are designed for students classified with an IEP. The events are I**nterviewing Skills, Personal Care, Life support Skills, and Speaking Skills.**
2. **Participation Eligibility:** To participate in these four events, the competitor MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are NOT eligible to compete in this event.
3. **IEP Verification and Accommodation: To be eligible for SLC competition, all competitors in these four (4) events must complete this form.** The form also allows the competitor to request accommodation. To learn the definition of accommodation, please read Appendix H-1.
4. **Point Deduction:** If the competitor does not submit the Accommodation Form by the February 15th deadline, the competitor will be allowed to compete but will receive 50 penalty points. Points will be deducted in Tabulations.
5. **Deadline:** The deadline to complete the form linked above for SLC is **11:59pm EST on February 15.**

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	Attire appropriate to the occupational area.
Competitors Must Provide	● Accommodation Form **(digitally submitted for SLC before 11:59pm on February 15th)** ● Photo ID ● Manual watch with second hand required for Vital Signs (no iWatches) ● Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) ● Gait belt (HOSA will provide one, but competitors will have the choice of using their own gait belt if they would like) 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: ● Dugan, Diana L. *Nursing Assisting A Foundation in Caregiving*. Hartman Publishing, Latest edition. ● Roe, Sue. *The Nursing Assistant: Essentials of Holistic Care*. The Goodheart-Wilcox Company, Inc., Latest edition.

ROUND ONE- Skills Assessment

The skills approved for this event are:

Skill I: Handwashing	**3 minutes**
Skill II: Donning & Doffing a Full Set of PPE	**6 minutes**
Skill III: Make an Unoccupied Bed	**10 minutes**
Skill IV: Make an Occupied Bed	**12 minutes**
Skill V: Admitting a Patient	**10 minutes**
Skill VI: Transfer Patient with Specified Disability from Bed to Chair/ Wheelchair	**6 minutes**
Skill VII: Measure and Record Vital Signs: TPR & Blood Pressure (Aneroid)	**12 minutes**
Skill VIII: Ostomy Care	**10 minutes**

2. For all skills, body fluids will be a simulated product.
3. The skills will not be combined.
4. The selected skill(s) will be read to the competitor in the form of a written scenario at the start of the skill to be performed. The skill's timing will begin when the section leader finishes reading the scenario to the competitor. Timing will be stopped at the end of the time allowed. A sample scenario can be found here.
5. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per GRRs.
6. 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.)
7. 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 will not respond to questions that are not included in the judge script!**
8. 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 skills in order to be recognized as an award winner at the SLC.

2. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tiebreaker; others will be used as necessary in descending order of total point value.

3. If the competitor does not complete the Accommodation Form by the deadline, then the competitor will be allowed to compete but will receive 50 penalty points. Points will be deducted in Tabulations.

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/.

Personal Care

Skill I: Handwashing

Time: 3 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill I: Handwashing	Possible	Awarded
1.	Stand back from sink to avoid contamination of clothing	2 0	
2.	Removed rings and pushed wristwatch or long sleeves up above wrist using a paper towel.	2 0	
3.	Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container.	2 0	
4.	Wet hands, wrists, and the skin 1-2 inches above the wrist thoroughly with fingertips pointing down.	2 0	
5.	Removed hands from water stream and applied soap to create thick lather on hands.	2 0	
6.	Rubbed palms together in a circular, counterclockwise motion.	2 0	
7.	Pushed the fingers of the right hand between the fingers of the left hand and rubbed up and down.	2 0	
8.	Repeated Step #7 with left hand.	2 0	
9.	Interlaced fingers, rubbed the palms together from side to side.	2 0	
10.	Bent fingers and interlocked them with backs of fingers touching the opposite palm. Rubbed side to side.	2 0	
11.	Cleaned under fingernails by rubbing them against other palm and forcing soap underneath them. Continued rubbing to clean around tops of nails.	2 0	
12.	Reversed hands and repeated Step #11.	2 0	
13.	Held the left thumb in the palm of the right hand. Rubbed in a circular, counterclockwise motion.	2 0	
14.	Reversed hands and repeated Step #13.	2 0	
15.	Held the fingers of the right hand together and placed them in the middle of the left palm. Rubbed in a circular, counterclockwise motion.	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 detailed information.

Skill I: Continued...		Possible	Awarded
16.	Reversed hands and repeated Step #15.	2 0	
17	Washed hands for a minimum of 20 seconds.	2 0	
18.	Held hands under running water with fingers pointed downward. Rinsed wrists and hands thoroughly.	2 0	
19.	Dried hands thoroughly with a clean paper towel starting with hands and then the wrists. Did not shake hands or touch dispenser. Repeated if needed.	2 0	
20.	Used clean, dry paper towel to turn off faucet.	2 0	
21.	Discarded paper towel in waste container without touching the container.	2 0	
	Total Points- Skill I: 70% Mastery for Skill I: 29.4	**42**	

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Personal Care

Skill II: Donning and Doffing a Full Set of PPE

Time: 6 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill II: Donning & Doffing a Full Set of PPE	Possible		Awarded
1.	Assembled equipment and supplies.	**1**	**0**	
2.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2**	**0**	
3.	Opened the gown by holding it in front of the body & allowing it to unfold without shaking the gown.	**2**	**0**	
4.	Faced the back opening of the gown & placed arms through each sleeve.	**2**	**0**	
5.	Fastened the neck opening.	**2**	**0**	
6.	Reached behind & pulled the gown until it completely covered all clothing & secured at the waist.	**2**	**0**	
7.	Picked up mask by top strings or elastic strap not touching the inside of the mask.	**2**	**0**	
8.	Pulled elastic strap or tied top strings first & then tied bottom strings.	**2**	**0**	
9.	Pinched the strip at the top of the mask to fit tightly around the nose.	**2**	**0**	
10.	Fitted mask snugly around face & below chin.	**2**	**0**	
11.	Placed goggles over eyes or eyeglasses while making sure they fit snugly.	**2**	**0**	
12.	If right-handed slid one glove on left hand (reverse if left-handed).	**2**	**0**	
13.	Used the gloved hand to slide the other hand into the second glove.	**2**	**0**	
14.	Interlaced fingers to smooth out folds & created a comfortable fit.	**2**	**0**	
15.	Checked gloves for tears, holes, cracks, or discolored spots & replaced if needed.	**2**	**0**	
16.	Adjusted gloves until they are pulled over the wrist fitting correctly & pulled cuffs of gloves over the sleeves of the gown.	**2**	**0**	
	Judge states, "Skill is complete, remove PPE."			
17	Removed gloves by touching only the outside of one gloved hand at the palm and pulled the glove off.	**2**	**0**	
18.	With the fingertips of gloved hand, held removed glove.	**2**	**0**	
19.	With the ungloved hand, slid two fingers under the remaining glove at the wrist without touching the outside of the glove.	**2**	**0**	
20.	Pulled down, turning the glove inside out over the first glove as it is removed & dropped gloves in appropriate container.	**2**	**0**	
21.	Removed goggles.	**2**	**0**	
22.	Unfastened the gown at the neck & waist.	**2**	**0**	

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Skill II: Continued...		Possible	Awarded
23.	Removed gown without touching the outside of the gown by rolling dirty side in, while holding gown away from the body.	**2 0**	
24.	Disposed of gown in appropriate container.	**2 0**	
25.	Untied mask and removed without touching mask.	**2 0**	
26.	Disposed of mask in appropriate container.	**2 0**	
27	Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
	Total Points- Skill II: 70% Mastery for Skill II: 37.1	**53**	

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Personal Care

Skill III: Make an Unoccupied Bed

Time: 10 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill III: Make an Unoccupied Bed	Possible	Awarded
1.	Assembled equipment and supplies.	**1 0**	
2.	Washed hands or used alcohol based hand-rub for hand hygiene and put on non-latex gloves (if indicated).	**2 0**	
3.	Placed items on an accessible location and arranged in the order they will be used.	**1 0**	
4.	Locked the bed wheels and raised the bed to a comfortable working level.	**2 0**	
5.	Removed the soiled linens by rolling the edges inward and not allowing soiled linens to touch scrubs.	**2 0**	
6.	Deposited soiled linen in the laundry hamper.	**1 0**	
7.	Worked on one side of bed until that side is complete.	**1 0**	
8.	Removed pillows and placed pillowcases in hamper.	**1 0**	
9.	Used fitted bottom sheet, pulling the corners tightly and smooth over the corners of the mattress.	**1 0**	
10.	Placed drawsheet at center of bed and tucked under mattress to fit tight and smoothly. (An incontinence/absorbent pad may be used instead of drawsheet if the competitor chooses).	**1 0**	
11.	Unfolded top sheet on mattress, wrong side up, with hem even with top edge of mattress and center fold used to center the sheet.	**1 0**	
12.	Placed the spread/blanket on the bed, using the center fold to center the spread.	**1 0**	
13.	Tucked the top sheet and blanket under the mattress at the foot of the bed.	**1 0**	
14.	Made a mitered corner at the foot of the bed and tucked in the sides of the top sheet and blanket.	**1 0**	
15.	Folded the top sheet back over the blanket to make a 6 inch cuff.	**1 0**	

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Skill III: Continued...		Possible		Awarded
16.	Inserted pillows into the pillowcases.	**1**	**0**	
17.	Placed pillows at the head of the bed with the open end away from the door.	**1**	**0**	
18.	Checked the bed wheels to be sure they are locked and lowered the bed to its lowest position.	**2**	**0**	
19.	Removed gloves if worn and disposed of properly, and washed hands or used alcohol-based handrub for hand hygiene.	**2**	**0**	
20.	Placed call light on the bed.	**2**	**0**	
21.	Replaced any items that were moved to proper place.	**1**	**0**	
22.	Conducted a safety check before leaving room.	**2**	**0**	
23.	Washed hands or used alcohol based hand-rub for hand hygiene.	**2**	**0**	
24.	Practiced standard precautions throughout skill.	**2**	**0**	
	Total Points- Skill III: 70% Mastery for Skill III: 23.1	**33**		

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Personal Care

Skill IV: Make an Occupied Bed

Time: 12 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill IV: Make an Occupied Bed	Possible		Awarded
1.	Assembled equipment and supplies.	**1**	**0**	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene and put on non-latex gloves (if indicated).	**2**	**0**	
3.	Greeted patient and introduced self.	**1**	**0**	
4.	Identified patient.	**2**	**0**	
5.	Explained skill to patient.	**2**	**0**	
6.	Locked the bed wheels and raised the bed to hip level.	**2**	**0**	
7.	Lowered side rail on working side.	**1**	**0**	
8.	Arranged the linen in the order in which the linen will be used.	**1**	**0**	
9.	Removed the call light from the bed.	**1**	**0**	
10.	Made sure the bed is flat, unless otherwise indicated by the plan of care.	**1**	**0**	
11.	Loosened top linen from the end of the bed.	**1**	**0**	
12.	Placed a bath blanket over the top linens and asked patient to hold the top edge of the bath blanket or tucked it under the patient's shoulders.	**1**	**0**	
13.	Removed the top linens without exposing the patient and placed in laundry hamper.	**1**	**0**	
14.	Gently assisted the patient to roll to the side of the bed farthest away from competitor and instructed to grasp side rail.	**1**	**0**	
15.	Moved the pillow with the patient and adjusted for comfort.	**1**	**0**	
16.	Loosened the soiled bottom linens starting at the head of the bed and tucked them against the patient's back.	**1**	**0**	

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Skill III: Continued...		Possible	Awarded
17.	Placed fitted sheet on bed. a. Placed fitted sheet with the center crease in the center.	1 0	
	b. Pulled the corners of the sheet tightly and smoothly over the corners of the mattress.	1 0	
	c. Rolled the extra material toward the patient.	1 0	
18	Placed drawsheet on bed; tucked under mattress; fan-folded to center of bed. (An incontinence/absorbent pad can be used instead of a drawsheet if the competitor chooses).	1 0	
19.	Turned the patient toward competitor, explaining they will be moving over linen and raised side rail.	1 0	
20	Moved to the opposite side of bed and lowered side rail.	1 0	
21.	Removed soiled bottom linen by rolling from head to foot of bed and avoiding contact with your skin or clothing.	2 0	
22.	Placed soiled linen in hamper.	2 0	
23.	Pulled clean linen through as quickly as possible.	1 0	
24.	Pulled the fitted bottom sheet tightly and smoothly over the corners of the mattress.	1 0	
25.	Pulled clean draw sheet into place and tucked it firmly under the side of the mattress without wrinkles.	1 0	
26.	Assisted patient to turn to center of bed on their back and raised the side rail.	1 0	
27.	Changed the pillowcases and placed pillows under the patient's head.	1 0	
28.	Placed soiled pillowcases in hamper.	1 0	
29.	Unfolded the top sheet and centered over patient over bath blanket, centered using the sheets center fold.	1 0	
30.	Asked patient to hold the top sheet, and pulled the bath blanket out from underneath, and placed in hamper.	1 0	
31.	Placed spread/blanket over the top sheet, and centered, and tucked the top sheet and blanket at foot of bed and mitered corners.	1 0	
32.	If needed, created room for toes by making toe pleats in the top linens.	1 0	

Skill III: Continued...		Possible	Awarded
33.	Folded the top sheet over the spread/blanket to make a 6 inch cuff.	1 0	
34.	Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse (judge).	2 0	
35.	Removed gloves if worn and disposed of properly, and washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
36.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
37.	Practiced standard precautions throughout skill.	2 0	
	TOTAL POINTS -- SKILL IV 70% Mastery for Skill IV= 34.3	**49**	

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Personal Care

Skill V: Admitting a Patient

Time: 10 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill V: Admitting a Patient	Possible	Awarded
1.	Assembled equipment and supplies.	**1 0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
3.	Greeted patient and introduced self.	**1 0**	
4.	After identifying patient, placed an identification bracelet on the patient's wrist.	**2 0**	
5.	Explained skill to patient.	**2 0**	
6.	Provided for privacy.	**1 0**	
7.	Obtained admission paperwork from patient and handed to supervisor (judge).	**1 0**	
8.	Belongings a. verified that patient's belongings are in the room.	**1 0**	
	b. questioned patient regarding the need to place any valuables in the safe.	**1 0**	
9.	Provided orientation to the room. a. identified purpose of items on bedside table	**1 0**	
	b. explained how to use overbed table	**1 0**	
	c. instructed how to use the call light, bed controls, TV & light control	**2 0**	
	d. explained how to make telephone calls & placed telephone within reach	**1 0**	
	e. showed the patient the bathroom & how to use the bathroom's emergency call light	**2 0**	
10.	Provided orientation to the facility. a. explained visiting hours & policies	**1 0**	
	b. explained how to locate nurse's station, chapel, dining room or cafeteria	**1 0**	
	c. explained how to identify staff (clothing or ID badge)	**1 0**	
	d. explained when meals are served & how to request snacks	**1 0**	
11.	Made sure patient was comfortable & placed call light within reach.	**2 0**	
12.	Conducted a safety check before leaving room.	**2 0**	
13.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2 0**	
14.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
15.	Reported any concerns to the nurse (judge).	**1 0**	
16.	Documented skill performed.	**4 0**	
	TOTAL POINTS – SKILL V 70% Mastery for Skill V= 25.2	**36**	

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Personal Care

Skill VI: Transfer Patient with Specified Disability from Bed to Chair/Wheelchair

Time: 6 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill VI: Transfer Patient with Specified Disability from Bed to Chair/Wheelchair	**Possible**	**Awarded**
1.	Assembled equipment.	**1 0**	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	**2 0**	
3.	Greeted patient and introduced self.	**1 0**	
4.	Identified patient.	**2 0**	
5.	Explained skill and provided privacy.	**2 0**	
6.	Placed chair/wheelchair at head of bed, facing the foot of the bed, or at the foot of the bed, facing the head of bed. If patient has a weak side, positioned so patient could use strong side.	**1 0**	
7.	Locked wheels of wheelchair and folded up footrest, if needed.	**2 0**	
	***Judge awards points if chair is used.**		
8.	Lowered bed and locked wheels.	**2 0**	
9.	Elevated the head of bed.	**1 0**	
10.	Lowered the side rails on the exit side of bed.	**1 0**	
11.	Fanfolded the bed linen to the foot of the bed.	**1 0**	
12.	Assisted patient to dangle feet and observed for signs of stress.	**2 0**	
13.	Put robe and slippers with non-slip soles on the patient.	**1 0**	
14.	Applied gait belt. a. Positioned belt around patient's waist – on top of clothing.	**1 0**	
	b. Positioned buckle/clasp so it is in front of patient.	**1 0**	

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Skill III: Continued...		Possible	Awarded
	c. Tightened belt so that fingers can be placed under the belt.	1 0	
15.	Transferred patient into chair/wheelchair. a. Stood in front of patient with feet about 12 inches apart.	1 0	
	b. Used leg to support by placing one of knees against patient's knee or both knees against patient's knees.	1 0	
	c. Instructed patient to assist by pushing against bed with hands to raise to standing position on a given signal (such as on the count of three).	1 0	
	d. At the given signal, assisted patient to stand at bedside, lifting up on the belt while the patient pushes up from the bed.	1 0	
	e. Instructed the patient to take small steps in the direction of the chair.	1 0	
	f. Assisted patient to pivot until back of legs are touching the seat of the chair/wheelchair, place hands on the armrests, bend at the knees and sit down in chair/wheelchair.	1 0	
	g. Adjusted footrest of wheelchair (as needed) and removed gait belt.	1 0	
16	Draped patient with blanket/sheet.	1 0	
17	Checked to determine if patient was comfortable.	1 0	
18.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
19.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
20.	Practiced standard precautions throughout skill.	2 0	
	TOTAL POINTS -- SKILL VI 70% Mastery for Skill VI = 25.9	37	

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Personal Care

Skill VII: Measure and Record Vital Signs: TPR & Blood Pressure (Aneroid)

Time: 12 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill VII: Measure and Record Vital Signs: TPR & Blood Pressure (Aneroid)	Possible	Awarded
1.	Assembled equipment and supplies.	**1 0**	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2 0**	
3.	Greeted patient and introduced self.	**1 0**	
4.	Identified patient.	**2 0**	
5.	Explained vital sign skill.	**2 0**	
6.	Questioned patient about eating, drinking, and smoking	**1 0**	
7.	Positioned patient comfortably.	**1 0**	
8.	**TEMPERATURE** – Electronic Thermometer a. Placed digital thermometer in disposable sheath or placed a probe cover over the probe.	**1 0**	
	b. Instructed patient to open mouth and lift tongue. Slowly inserted the covered probe into mouth until tip of probe touched base of mouth and tongue and to one side.	**1 0**	
	c. Asked patient to close mouth.	**1 0**	
	d. Held the thermometer/probe in place until unit signals.	**1 0**	
	e. Removed thermometer/probe from patient's mouth.	**1 0**	
	f. Read and verbalized the patient's temperature correctly.	**4 0**	
	g. Disposed of sheath/probe cover in biohazardous waste container without touching it.	**2 0**	
	h. Returned thermometer to cover or returned probe to stored position.	**1 0**	
	i. Recorded accurately on graphic form.	**4 0**	

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Skill VII: Continued...		Possible	Awarded
9.	**RADIAL PULSE** a. Positioned patient's hand and arm so they were well supported and rested comfortably.	1 0	
	b. Located the radial artery by placing middle and index finger toward the inside of the patient's wrist on the thumb side.	1 0	
	c. Exerted light pressure, counted for full minute.	1 0	
10.	**RESPIRATION** a. Continued pulse position to keep patient unaware of counting.	1 0	
	b. Counted regular respirations for full minute.	1 0	
11.	Verbalized pulse count and respiration count within plus or minus 2 of judge's count.	4 0	
12.	Described quality characteristics of pulse (volume – character strength, and rhythm - regularity) AND respirations (depth and rhythm) to judge.	4 0	
13.	Recorded pulse and respiration accurately on the graphic form.	4 0	
14.	**BLOOD PRESSURE** a. Cleaned earpieces and diaphragm of the stethoscope	2 0	
	b. Exposed patient's upper arm and positioned the arm so that it rests level with the heart with the palm turned upward.	1 0	
	c. With the valve open, squeezed the cuff to make sure it is completely deflated.	1 0	
	d. With fingertips located the brachial artery where center of cuff will be located.	1 0	
	e. Wrapped cuff around patient's arm above the elbow, snugly and smoothly about 1 inch above the elbow.	1 0	
	f. Placed the center of the cuff above the brachial artery.	1 0	
	g. Closed valve on bulb, by turning clockwise.	1 0	
	h. Correctly positioned earpieces of stethoscope in ears.	1 0	
	i. Palpated brachial artery.	1 0	
	j. Placed stethoscope over brachial artery.	1 0	
	k. Inflated cuff to 180 mmHg systolic pressure.	1 0	
	l. Deflated the cuff by slowly turning the valve counterclockwise at an even rate of 2 – 4 mm Hg per second.	2 0	
	m. Continued deflating the cuff slowly and noted the first sound and the last sound.	1 0	
	n. Completely deflated the cuff and removed cuff from patient's arm and made patient comfortable.	1 0	

	o. Recorded blood pressure on graphic form.	**2**	**0**	
	p. Cleaned earpieces of stethoscope.	**2**	**0**	
	q. Replaced equipment appropriately.	**1**	**0**	
	r. Maintained accuracy within +/- 2 mmHg of judge's reading of systolic pressure.	**4**	**0**	
	s. Maintained accuracy within +/- 2 mmHg of judge's reading of diastolic pressure.	**4**	**0**	
15.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
16.	Executed all vital sign skills (temperature, pulse, respiration and blood pressure) smoothly and in logical order, overlapping skills to maximize efficiency of time.	**1**	**0**	
17.	Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse.	**2**	**0**	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
19.	Practiced standard precautions throughout skill.	**2**	**0**	
	TOTAL POINTS -- SKILL VII 70% Mastery for Skill VII =56.7	**81**		

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 detailed information.

Competitor ID # _____ **Graphic Chart for Skill VII**

Attending Physician	**Patient Name** **Last Name:** **First Name:**

Date																											
Temp		0000	0400	0800	1200	1600	2000	0000	0400	0800	1200	1600	2000	0000	0400	0800	1200	1600	2000	0000	0400	0800	1200	1600	2000
	104																								
	103																								
	102																								
	101																								
	100																								
	99 Normal 98																								
	97																								
	96																								
Pulse	140																								
	130																								
	120																								
	110																								
	100																								
	90																								
	80																								
	70																								
	60																								
Resp																									
	50																								
	40																								
	30																								
	20																								
	10																								
Blood Pressure																									
Weight																									

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Personal Care

Skill VIII: Ostomy Care

Time: 10 minutes

Competitor #:_____ **Division:** _____SS **Judge's Signature:**_____

	Skill VIII: Ostomy Care	**Possible**		**Awarded**
1.	Assembled equipment and supplies.	**1**	**0**	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
3.	Knocked before entering room.	**1**	**0**	
4.	Greeted patient and introduced self.	**1**	**0**	
5.	Identified patient.	**2**	**0**	
6.	Explained skill to patient.	**2**	**0**	
7.	Provided for privacy.	**1**	**0**	
8.	Adjusted bed to hip level and locked the bed wheels.	**2**	**0**	
9.	Lowered the side rails as indicated.	**1**	**0**	
10.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
11.	Donned non-latex gloves.	**2**	**0**	
12.	Placed patient on back if possible & placed a disposable protective pad under the buttocks.	**1**	**0**	
13.	Covered patient with a bath blanket.	**1**	**0**	
14.	Fanfolded top linens & moved clothing to expose stoma.	**1**	**0**	
15.	Placed a second protective pad alongside the patient's body & covered the patient from the waist down.	**1**	**0**	
16.	Pulled gently on one edge of ostomy pouch to release air.	**1**	**0**	
17.	Removed ostomy pouch carefully and placed in plastic bag.	**1**	**0**	
18.	Wiped area around stoma with disposable wipe and discarded.	**1**	**0**	
19.	Used a washcloth & warm water, washing in one direction, away from the stoma.	**1**	**0**	
20.	Rinsed & patted the area dry with a towel & temporarily covered stoma opening with a wipe.	**1**	**0**	
21.	Applied deodorant (if indicated by scenario) & disposed of wipe.	**1**	**0**	
22.	Applied the clean ostomy pouch by holding in place & securing seal making sure the bottom of the pouch is clamped.	**1**	**0**	
23.	Removed the bed protector & discarded.	**1**	**0**	

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Skill VII: Continued...		Possible		Awarded
24.	Placed soiled linens in proper container.	**1**	**0**	
25.	Discarded plastic bag in proper container.	**2**	**0**	
26.	Properly removed & discarded gloves.	**2**	**0**	
27.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
28.	Made patient comfortable.	**1**	**0**	
29.	Returned bed to the lowest position & removed privacy measures.	**2**	**0**	
30.	Left call light within patient's reach.	**2**	**0**	
31.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
32.	Documented skill.	**4**	**0**	
33.	Noted color, odor, consistency & amount of stool in the pouch in documentation.	**1**	**0**	
34.	Reported any changes to the nurse (judge) regarding stoma or patient's condition.	**1**	**0**	
35.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
36.	Practiced standard precautions throughout skill.	**2**	**0**	
	TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 37.1	**53**		

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Competitor ID # _____

HOSA HOSPITAL
Nurses' Notes

Date	Time	Notes

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