



# CNA Skills

Location: COS, Visalia

Chairpersons:

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Tulare Western High School

**CHECK IN: 8:30 am    CONTEST BEGINS: 9:00 am**

**ELIGIBILITY:** Eligibility is limited to 30 students total, 4 individuals per school. No team entries are allowed. Refer to the General Information and Rules page.

**EXPECTATIONS:**

1. Student will successfully complete each of the following steps and will be scored accordingly.
2. Skill will be evaluated by student nurses under the supervision of Registered/Licensed Nurse/educator

**SCOPE OF CONTEST:**

**MEASURES AND RECORDS BLOOD PRESSURE**

1. Explains procedure, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible
2. Before using stethoscope, wipes bell/diaphragm and earpieces of stethoscope with alcohol
3. Client's arm is positioned with palm up and upper arm is exposed
4. Feels for brachial artery on inner aspect of arm, at bend of elbow
5. Places blood pressure cuff snugly on client's upper arm, with sensor/arrow over brachial artery site
6. Earpieces of stethoscope are in ears and bell/diaphragm is over brachial artery site
7. Candidate inflates cuff between 160 mm Hg to 180 mm Hg. If beat heard immediately upon cuff deflation, completely deflate cuff. Re-inflate cuff to no more than 200 mm Hg
8. Deflates cuff slowly and notes the **first** sound (systolic reading), and **last** sound (diastolic reading) (If rounding needed, measurements are rounded **UP** to the nearest 2 mm of mercury)
9. Removes cuff
10. Signaling device is within reach
11. Before recording, washes hands
12. After obtaining reading using BP cuff and stethoscope, records both systolic and diastolic pressures each within plus or minus 8 mm of evaluator's reading

**IMPORTANT INFORMATION:** Professional appearance and behavior required at all times. No cell phones!

**EQUIPMENT AND MATERIALS:** All equipment and materials will be provided

**TIME:** Roll will be taken at 9 a.m.

**TIE BREAKER:** In case of a tie, contestants will repeat above skill but results will need to be within plus or minus 4 mm of evaluator's reading instead of 8.