



2021 NA COMPETENCY EXAM CHANGES

The annual review of the Nursing Assistant (NA) Manual Skills and Written Tests and testing procedures was conducted on October 30, 2020, at the meeting of the ad hoc Test Advisory Panel (TAP) on a virtual at the Arizona Board of Nursing.

Background:

The ad hoc Test Advisory Panel (TAP) is made up of volunteers who are directly involved with the education or supervision of NAs. Attendees at the NA Conference are asked if they would like to serve on this panel and selection is made based upon past attendance, past or potential contributions to the process and representation of rural/urban areas and program types. Most volunteers are offered at least one opportunity to participate on a TAP.

Changes *Effective February 1, 2021*

KNOWLEDGE TEST

- **ACTIVE TEST BANK**
 - Current number of active test questions in the test bank is 1269.
 - 254 questions were reviewed by the panel and of the 254 questions, the panel approved 129 for inclusion in the test bank.
- **PRACTICE TEST BANK**
 - Test bank update, 1008 questions were reviewed and update by the panel

Test Plan Total Questions	75
WRITTEN Test Plan	AZ
	Test Plan
Safety	7
Communication	7
Infection Control	8
Resident (Client) Rights	6
Data Collection	6
Basic Nursing Skills	9
Role / Responsibility	7
Disease Process	4
Mental Health	4
Personal Care	9

Care Impaired	4
Aging Process/Restorative Care	4
Grade Level Reading Range	5.31-5.46
Predicted Alpha Range for Test Set	.80-.82
Index Creation Range for Test Set	82.9-83.1
	AZ
Replic to version 41	9/29/15
P-value filter	9/11/19
Written Version	26
Written Cut Score	75
Subject Area	
Safety	91
Communication	58
Infection Control	68
Resident Rights	105
Data Collection	51
Basic Nursing Skills	257
Role / Responsibility	113
Disease Process	172
Mental Health	59
Personal Care	45
Care Impaired	60
Aging Process/Restorative Care/Growth & Devel	50
Total Active Questions	1269
Last update	10/29/2020
Skill Task Cut Score	80
Skills Version	68
	AZ

SKILLS TASK CHANGES

MANDATORY TASKS WITH HAND WASHING EMBEDDED:

BEDPAN AND OUTPUT WITH HAND WASHING:

PPE (gown and gloves) will be added to this task.

The new task is:

Donning Isolation Gown and Gloves – Bedpan and Output with Hand Washing

For the setup of this task, the waterproof pad will already be placed under the Actor. The steps for this task are at the end of this document.

ISOLATION GOWN AND GLOVES/EMPTY A URINARY DRAINAGE BAG WITH HAND WASHING:

PPE is being removed from Emptying a Urinary Drainage Bag and Catheter Care will be added.

The new task is:

Catheter Care – Emptying a Urinary Drainage Bag with Hand Washing

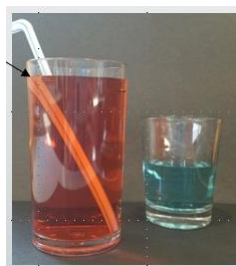
This task will be demonstrated on a female manikin. The steps for this task are at the end of this document.

OTHER TASKS:

DENTURE CARE: Step of: ‘Place dirty dentures in the emesis basin’. IS BEING REMOVED

DRESSING A BEDRIDDEN RESIDENT: The step of “Removes gown from unaffected side first.” Will be an * step (double points).

FEEDING A DEPENDENT RESIDENT: The range for the fluid consumed is being increased from 30ml’s to 45ml’s.



MOUTH CARE - BRUSHING TEETH:

The following steps have been changed:

- ‘Empty emesis basin’ will be changed to:
 - Empty container.
 - (The container could be the emesis basin or a disposable cup that the Actor has spit in.)
- ‘Rinse and dry emesis basin with a clean, dry paper towel’ will be changed to:
 - Rinse and dry emesis basin, if used, with a clean, dry paper towel, or discard disposable items in trash can.
- ‘Return emesis basin and toothbrush to storage’ will be changed to:
 - Return equipment to storage.

VITAL SIGNS - TEMPERATURE PULSE AND RESPIRATIONS:

The temperature is being removed from this task. The new task will be:

Pulse and Respirations

The following steps will be removed from this task:

- Correctly turns on digital oral thermometer and place sheath on thermometer.
- Gently insert bulb end of thermometer in resident’s mouth under tongue.
- Leave thermometer in place for appropriate length of time.
- Remove thermometer and read and record the temperature reading on provided, previously signed recording form.
- Candidate’s and RN Test Observer’s recorded temperature recordings match.
- Discard sheath appropriately.

The following steps have been reworded to:

OLD: ‘Count pulse for 60 seconds or 30x2 and record pulse rate on the provided, previously signed recording form.’

NEW: Count pulse for 60 seconds or 30x2.

a. Tell the RN Test Observer when you start counting and tell him/her when you stop counting. Record your reading on the previously signed recording form.

OLD: ‘Count respirations for 60 seconds or 30x2 and record respirations on the provided, previously signed recording form.’

NEW: Count respirations for 60 seconds or 30x2.

a. Tell the RN Test Observer when you start counting and tell him/her when you stop counting. Record your reading on the previously signed recording form. The temperature is being removed from this task.

VITAL SIGNS - TEMPERATURE, RESPIRATIONS, PULSE OXYGEN AND ELECTRONIC BLOOD PRESSURE: This task is being removed from testing.

**NEW MANDATORY TASKS DONNING AN ISOLATION GOWN AND GLOVES /
BEDPAN AND OUTPUT WITH REQUIRED HAND WASHING (ONE OF THE
POSSIBLE MANDATORY FIRST TASKS)**

1. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub hands together until hands are completely dry.
2. Face the back opening of the gown.
3. Unfold the gown.
4. Place arms through each sleeve.
5. Fasten the neck opening.
6. Fasten the waist, making sure that the back flaps cover clothing as completely as possible.
7. Put on gloves.
8. Glove overlap gown sleeves at the wrist.
9. Greet resident by name.
10. Introduce self by name.
11. Explain the procedure to the resident.
12. Provide privacy – pull privacy curtain for resident.
13. Raises bed to a comfortable working height.
14. Positions resident on bedpan correctly using correct body mechanics.
15. Raises head of bed to comfortable level.
16. Leaves call light and tissue within reach of resident.
17. Lowers bed.
18. Steps away to a private area of room away from resident.
19. When signaled by the RN Test Observer the candidate returns.
20. Raises bed to a comfortable working height.
21. Washes/assists resident to wash hands using a wet wash cloth with soap.
22. Assists resident to dry hands.
23. Lowers the head of the bed.
24. Discards soiled linen in appropriate container.
25. Candidate gently removes bedpan and holds while the Observer adds a known quantity of fluid.
26. Candidate measures output.
27. Lowers bed if raised.
28. Empties, rinses, and dries bedpan and graduate.
29. Records output on the previously signed provided recording form.
30. Candidate's recorded output is within 30ml's of RN Test Observer's recording.
31. Leave call light or signaling device within reach of the resident.
32. Leave water within reach of resident.
33. Maintain respectful, courteous interpersonal interactions at all times.
34. Remove gloves, turning inside out.
35. Remove gloves BEFORE removing gown.
36. Dispose of the gloves in the designated container (trash can or bag).
37. Unfasten gown at the waist.
38. Unfasten gown at the neck.
39. Removes gown by slipping hands underneath gown at the neck and shoulder.
40. Remove gown by folding soiled area to soiled area.
41. Dispose of gown in the designated container (trash can or bag).
42. Washes Hands: Begins by wetting hands.
43. Applies soap to hands.

44. Rubs hands together using friction for at least 20 seconds with soap.
45. Interlaces fingers pointing downward with soap.
46. Lathers all surfaces of hands and wrists with soap.
47. Rinses hands thoroughly under running water with fingers pointed downward.
48. Dries hands on clean paper towel(s).
49. Turns off faucet with a clean dry paper towel(s).
50. Discards paper towels into trash container.
51. Does not re-contaminate hands at any point by touching the faucet or sink during/after the procedure.

CATHETER CARE / EMPTYING A URINARY DRAINAGE BAG WITH REQUIRED HAND WASHING (ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

1. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub hands together until hands are completely dry.
2. Greet resident by name.
3. Introduce self by name.
4. Explain the procedure to the resident.
5. Provide privacy – pull privacy curtain for resident.
6. Put on gloves.
7. Lift resident’s gown to expose catheter area.
8. Check to see that urine can flow, unrestricted, into the drainage bag.
9. Use soap and water to carefully wash around the catheter where it exits the urethra.
10. Hold catheter where it exits the urethra.
11. With fingers near the urethra, clean 3-4 inches down the catheter tube.
12. Clean with stroke(s) only away from the urethra.
13. Use clean portion of cloth for stroke(s).
14. Rinse using stroke(s) only away from the urethra.
15. Rinse using clean portion of cloth for stroke(s).
16. Pat dry.
17. Do not allow the tube to be pulled at any time during the procedure.
18. Replace top cover over resident.
19. Leave resident in a position of safety and comfort.
20. Place a barrier on the floor under the drainage bag.
21. Place the graduate on the previously placed barrier.
22. Open the drain to allow the urine to flow into the graduate.
23. Completely empty drainage bag.
24. Avoid touching the graduate with any part of the tubing.
25. Close the drain.
26. Wipe the drain with alcohol wipe AFTER emptying drainage bag.
27. Replace drain in holder.
28. Place graduate on level, flat surface
29. With graduate at eye level, read output.
30. Empty graduate.
31. Rinse graduate.
32. Dry graduate.
33. Record output on the previously signed provided recording form.

34. Candidate's recorded output measurement is within 30mls of the RN Test Observer's output reading.
35. Leave call light or signaling device within reach of the resident.
36. Leave water within reach of resident.
37. Maintain respectful, courteous interpersonal interactions at all times.
38. Wash hands: Begin by wetting hands.
39. Apply soap to hands.
40. Rub hands together using friction with soap.
41. Rub hands together for at least twenty (20) seconds with soap.
42. Interlace fingers pointing downward with soap.
43. Lathers all surfaces of hands with soap.
44. Lathers wrists with soap.
45. Rinse hands thoroughly under running water with fingers pointed downward.
46. Dry hands on clean paper towel(s).
47. Turn off faucet with a clean, dry paper towel.
48. Discard paper towels to trash container.
49. Does not re-contaminate hands at any point by touching the faucet or sink during/after the procedure.

Proposed Board Option:

Accept and approve the proposed changes to the NA Testing with effective date of February 1, 2021.