



## Nursing Competencies

Name: \_\_\_\_\_ RN

### Handwashing Competency

Question	True	False
Health care providers should wash hands with soap and water when hands are visibly soiled, after caring for a resident with a known or suspected illness, before eating and after using the restroom.		
Hand hygiene is the most important weapon in preventing the spread of disease		
Hands must be washed for at least 20 seconds		

### Utilizing a Lift for Transfers

Question	True	False
Nurse exams the sling for durability, tears, loose threads, or loose seams prior to each use.		
Each lift has an emergency off and release button		
Each lift has a manufacturer weight limit		
A total lift requires a 2 person assist for safety purposes		

### Gait Belt Transfers

Question	True	False
Utilization of a gait belt does not take the place of using safe patient handling equipment		
Gait belt should be snug but comfortable, you should be able to place your hand between the patient and the belt		
Gait belts have a 600lb weight limit		

### Personal Protective Equipment

Question	True	False
When applying PPE the gown is the first piece to be donned		
When removing gown, pull the gown away from neck and shoulders touching the inside of the gown inside out, roll into bundle and discard		
N95 mask requires FIT testing to be completed annually		

### Indwelling Urinary (foley) Catheter Care

Question	True	False
Urinary drainage system works best when the bag is below the bladder		
Routine hygiene with soap and water to the periurethral area is recommended		
Bladder irrigation is not recommended unless ordered by physician		
Specimens collected from an indwelling urinary catheter must be noted on a laboratory request or in the urine culture order		

### Insertion of urinary catheter (foley)

Question	True	False
Insert the catheter through the meatus 2-3 inches or until urine flows freely		
Inflate the balloon to capacity with sterile water and allow to fall back		

### Blood Glucose Monitoring

Question	True	False
Use alcohol wipes to cleanse the patients' fingertips and allows too thoroughly		
Discard lancet and meter strip in sharps container		
Clean meter with bleach wipe and allow for appropriate dry time before use		

Tracheostomy Care
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Question	True	False
Rotate the lock on the inner cannula and turn the inner cannula in counterclockwise and remove and place in hydrogen peroxide solution		
Utilize sterile gloves, cleanse inner cannula suction outer cannula and replace inner cannula		

Compression Stocking Application
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Question	True	False
During application, foot is held in a dorsiflex position (90%)		
Spiral wrap with minimal overlaps up to 2 finger widths below the popliteal crease		

Injections
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Questions	True	False
To complete a TB skin, test the needle is inserted with bevel up at a 5-15 degree angle and inserting solution to create 6-10mm wheal		
A subcutaneous injection is inserted on a 45–90-degree angle		
Insulin is given via a subcutaneous injection		
Intramuscular injections are mostly, administered in the deltoid muscle, upper lateral thigh, lateral upper quadrant, major gluteal muscle		
When giving an Intramuscular injection, lidocaine is usually mixed with antibiotic to reduce pain associated with injection		

Wound Care
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Questions	True	False
Cleanse the wound from center outward		
Dressing should extend at least 1 inch over the edges of the wound		
Wound care is to be completed using a clean technique		
Wounds require weekly measurements		

Staging of wounds

Question	True	False
Red non blanchable with intact skin is a stage 1 pressure area		
Document areas according to wound size, base, edges, drainage, edema, and pain with signs/symptoms of infection		
Moisture Associated skin damage (MASD) is caused by excessive moisture against the skin.		
A deep tissue injury is an injury to the patients underlying tissue below the skin's surface that results from prolonged pressure in an area of the body. A DTI is not able to be staged		
Eschar is a black, dry and leathery and may form a thick covering similar to a scab over the wound bed below.		

Central Line Dressing Change

Question	True	False
Central line dressing utilizes a sterile transparent occlusive dressing		
Central line dressing is completed with a sterile procedure		
If gauze is present under central line dressing, then the dressing must be changed in 24 hours		

Please print complete and sign. Signature acknowledges that I have participated in the educational zoom provided by CCU and I am competent in the above procedures.

Return completed and signed form to [Creds@compassionatecarepa.com](mailto:Creds@compassionatecarepa.com)

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_