TXCNA Training Agenda

We are here to discuss

- Introduction from Cindy the host
- Demystification Presentation
- Candidate scheduling process
- Clinical skills presentation

We may not discuss:

- TULIP
- Customer Service / Issues

A SPECIAL THANK YOU to Midland College, Texas Health School and Collin College Technical Campus for hosting the training!!

Demystification of Clinical Exam 2023

Agenda

- Introductions

- Overview of Clinical Exam

- Skill Analysis

- Most Common Mistakes

- Q&A Skill Analysis & Most Common Mistakes

- Indirect Care Overview

- Indirect Care Q& A

- Test Day – Candidate Experience

- Resources

Introstuctions

Cindy Patterson
Lead Senior Nurse Aide
Evaluator

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Client Services Manager

Prometric Nurse Aide Exam Details

How do we design our exams?

+ Psychometricians and RNs on staff ensure that the exams are valid, reliable, and defensible. Current exams are based on our 2016 Job Analysis.
+ Based on a national survey of CNAs and RNs/LPNs who supervise CNAs
+ Focused on the role of the minimally competent CNA in long-term care settings
+ Reviewed by a national panel of experts who analyze survey findings, make content recommendations for written exam and conduct a criticality review of all clinical skills.
+ Periodic National Exam Council (NEC) meetings ensure that the exam remains up-to-date.

Written/Oral Knowledge Exams:

+ Meet Federal Standards for NATCEP
+ Nationally relevant exam administered in 14 states
+ Available in English and Spanish in Texas
+ Oral version available using professionally recorded audio to accompany text on the screen. Oral exams do not required ADA.
+ Updated periodically; new items pre-tested on an ongoing basis
+ Eligible candidates have three opportunities to pass before they are locked out from retesting until state requirements are completed
+ Internet-based delivery of exams, with official results being emailed the following morning.

Exam Details:

+ Questions: 50 operational and 10 pretest
+ Time: 1½ hour time allowance
+ Language: English/ Spanish in select states one of which is Texas.
+ Questions written at a 4th to 6th grade reading level
+ Detailed Content Outline in Candidate Information Bulletin, including practice questions
+ Role of the Nurse Aide – 20%
+ Promotion of Safety – 22%
+ Promotion of Function and Health of Residents – 20%
+ Basic Nursing Care Provided by the Nurse Aide – 24%
+ Providing Specialized Care for Residents with Changes in Health – 14%
+ Online National Interactive Practice Exam link on website

Clinical Skills Exams:

+ Available in English
+ Clinical Skills Exam consists of five skills:
+ Three skills are prompted
+ Two skills are unprompted (handwashing and indirect care)
+ Skills are comprised of evaluation criteria (checkpoints which are published for candidates)
+ Checkpoints are weighted (secure information)
+ Candidates must pass all five skills to pass the exam
+ Standard setting used to determine minimal competency and the points required to pass each skill.

Overview of Clinical Exam

There are 22 skills that are part of the Clinical Skills Test.

A Clinical Skills Test consists of five scored skills. All candidates taking this test are scored on the Handwashing and Indirect Care skills. When a candidate takes the exam, instructions will be given for the other three skills that are part of the test.

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Overall Clinical Skills Pass Rates

(Includes all Prometric Nurse Aide States)

Skill	Pass Rate
Ambulation	97%
Bedpan	91%
Brushing Teeth	94%
Catheter Care	**82%**
Change an Occupied Bed	96%
Change of Position	94%
Dress a Resident Who Has a Weak Arm	95%
Feeding	85%
Foot Care	96%
Hand and Nail care	97%
Handwashing Skill	97%
In-Direct Care	95%
Measure and Record Contents of Urinary Drainage Bag	89%
Measure and Record Pulse	**76%**
Measure and Record Respirations	88%
Mouth Care - Brushing Teeth	94%
Mouth Care - Denture Care	88%
Partial Bed Bath	90%
Perineal Care	**85%**
ROM Elbow and Wrist	**86%**
ROM Hip Knee and Ankle	96%
ROM Shoulder	96%
Transfer	89%

Clinical Skills Matrix

Level Of Difficulty	Personal Care	Promotion of Health and Function	Measure and Record Skills
Most	• Perineal Care • Catheter Care • Dressing • Change Occupied Bed	• Positioning • Transfer	• Pulse
Moderate	• Mouth Care- Denture • Mouth Care- Brushing Teeth • Bedpan • Partial Bed Bath	• Ambulate • ROM- hip, knee and ankle	• Contents of Urinary Drainage Bag • Feeding
Least	• Foot care • Hand & Nail Care	• ROM- shoulder • ROM- elbow & wrist	• Respirations

Measure & Record Pulse

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute. A Measurement Form (sample provided on the website) is provided to record the resident's pulse rate. The role of the resident is played by a person.

Common Mistakes to Avoid

- Fingers in the middle or ulnar side of wrist
- Using thumb instead of fingers to check pulse
- Counting more than one minute
- Counting less than one minute
- Counting 30 seconds and not multiplying total X 2
- Counting respiration instead of pulse
- Not documenting before saying done

Measure and Record Respirations

The candidate is asked to count the resident's respirations. The respirations should be counted for one full minute. During the test, since this skill is tested separately from the measure and record pulse skill, candidates are allowed to tell the resident that his/her pulse is being counted or vital signs taken, instead of stating that respirations are being counted. A Measurement Form (sample provided on the website) is provided to record the resident's respiration rate. The role of the resident is played by a person.

Common Mistakes to Avoid

- Counting less than one minute
- Counting more than one minute
- Counting 30 seconds and not multiplying X 2
- Counting Pulse instead of Respirations
- Not documenting before saying done

Range of Motion
Elbow & Wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her elbow flexed and extended, and the wrist flexed and hyperextended. For testing purposes, the resident needs three repetitions of both exercises. The care plan provided at the test site will indicate whether the exercise is to the left or right side. The role of the resident is played by a person.

Common Mistakes to Avoid

- Completing ROM on wrong side
- Completing ROM on wrong joints
- Adding extra exercises from what the care plan request

Catheter Care

The candidate is asked to provide catheter care to a female resident who has an indwelling urinary catheter. Soap and water should be used for the catheter care. For testing purposes, only the cleansing of the front perineal area and catheter are evaluated; cleansing of the rectal area and buttocks is not tested in this skill. A mannequin is used for the role of the resident.

Common Mistakes to Avoid

- Only cleaning the catheter
- Not holding catheter near meatus
- Wiping back to front
- No rinsing

Feeding

The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. A Food and Fluid Intake Form (sample provided on the website) is provided to record the resident's estimated food and fluid intake. The role of the resident is played by a person.

Common Mistakes to Avoid

- Not lifting actors head up before first bite or drink
- Not offering a drink after every 2-3 bites
- Applies clothing without offering it
- Not offering or assisting to wash the resident/actor's hands before feeding
- Not documenting before saying done

Mouthcare

Provide mouth care to a resident who has teeth
A resident who has his/her natural teeth is lying in bed and needs mouth care. The resident is not able to provide own mouth care. The role of the resident is played by a person.

Provide mouth care to a resident who has a denture
A resident is sitting at an overbed table and the resident's denture is in a denture cup. The resident is not able to provide own mouth or denture care. The resident's denture needs to be cleaned and the resident needs mouth care. The denture is stored in a denture cup after cleaning. The role of the resident is played by a person.

Common Mistakes to Avoid

- Not washing hands
- Not wearing gloves
- Not providing mouthcare for denture care
- Not raising head of bed before brushing teeth

Transfer

The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a person.

Common Mistakes to Avoid

- Not putting shoes on before standing
- Not locking wheelchair before standing
- Not moving foot-rest out of way before standing
- Not having actor's feet flat on floor before standing
- Not applying gait belt securely

Perineal Care

The candidate is asked to provide perineal care to a resident who is incontinent of urine. The resident is lying in bed on a soiled underpad and is wearing a hospital-style gown that is dry. A mannequin is used for the role of the resident.

Common Mistakes to Avoid

- Wiping back to front
- No rinsing
- Not cleaning buttocks area
- Not removing soiled underpad prior cleaning

Measure and Record Contents of Urinary Drainage Bag

The candidate is asked to empty and measure the contents of the Urinary Drainage Bag. The mannequin or actor is used for the role of the resident

Common Mistakes to Avoid

- Not removing gloves to document
- Not documenting in cc or ml
- Not documenting the correct time and/or type of output (urine)
- Not documenting before saying done

Handwashing

When taking the test, ***candidates are not given instructions about when to wash their hands.*** This is because nurse aides are expected to know that their hands should be washed before any physical contact with a resident. Candidates are evaluated on how well they wash their hands (technique) during the first skill. After the first skill is completed, for the remainder of the test, handwashing is evaluated as a part of Indirect Care with the checkpoint, "Use Standard Precautions and Infection Control Measures when providing care." ***Handwashing is one of the five skills scored in every Clinical Skills Test.***

Common Mistakes to Avoid

- Not mentioning or attempting to wash hands at the correct time
- Hands directly under running water after soap applied.
- No lather
- Lather less than 20 seconds

In-direct Care

In-Direct Care checkpoints are built into each skill.

Common Mistakes to Avoid

- Washing hands at end of skill and then documenting, touching the candidate, etc.
- Saying done with gloves on
- Raising the bed and not lowering it
- Not placing the call light
- Not pulling the privacy curtain

Clinical Skills Exam: Indirect Care Behaviors

Indirect Care is evaluated during the performance of every skill (except handwashing) during the Clinical Skills Test. The Indirect Care checkpoints that the evaluator will observe for while candidates perform skills are:

Does the candidate:
- Greet resident, address by name, and introduce self?
- Provide explanations to resident about care before beginning and during care?
- Ask resident about preferences during care?
- Use Standard Precautions and infection control measures when providing care?
- Ask resident about comfort or needs during care or before care completed?
- Promote resident's rights during care?
- Promote resident's safety during care?

Clinical Skills Exam: Indirect Care Behaviors

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Indirect Care Behaviors

Skill	Standard Precautions-Infection Control	Comfort Needs	Rights	Safety
Ambulate	• refrain from touching resident before hands are clean • end skill with clean hands	• Per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey"	• leave call light in or near resident's hand, or on the bed within reach at end of skill • leave bed in low position at end of skill •
Bedpan	• refrain from touching resident before hands are clean • end skill with clean hands • avoid placing bedpan directly on the overbed table • avoid holding clean or dirty linen against clothing • avoid placing linen directly on floor • remove gloves without contaminating self	• ask resident about comfort of bedpan position or position before leaving to use the bedpan • per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • leave resident covered with top sheet while using the bedpan and at the end of the skill (arms do not need to be covered)	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Catheter Care	• refrain from touching resident before hands are clean • end skill with clean hands • avoid placing linen directly on floor • use bath basin for bathing water • remove gloves without contaminating self	• ask resident about comfort with water temperature • per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • minimize exposure of resident while bathing • leave resident covered with top sheet at completion of care (arms do not need to be under covers)	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill

PROMETRIC

Indirect Care Behaviors

Skill	Standard Precautions-Infection Control	Comfort Needs	Rights	Safety
Change an occupied bed*	• refrain from touching resident before hands are clean • end skill with clean hands • avoid placing soiled linens directly on overbed table • avoid holding clean or dirty linen against clothing • avoid placing linen directly on floor • avoid fluffing, shaking, or throwing	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • refrain from leaving resident completely uncovered while top sheet being replaced	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Change of position	• refrain from touching resident before hands are clean • end skill with clean hands • avoid holding pillow fully against clothing (e.g., hugging)	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • leave resident covered with top sheet at end of skill (arms do not need to be covered)	• leave call light in or near resident's hand (on side turned toward) at end of skill • leave bed in low position at end of skill
Dressing	• refrain from touching resident before hands are clean • end skill with clean hands • avoid placing dirty gown directly on floor • avoid holding clean or dirty clothing against candidate's clothing	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • minimize exposure of resident while undressing/dressing	• leave call light in or near resident's hand (stronger side) at end of skill • leave bed in low position at end of skill

*not tested in Wyoming

PROMETRIC

Indirect Care Behaviors

Skill	Standard Precautions-Infection Control	Comfort Needs	Rights	Safety
Feeding	- refrain from touching resident before hands are clean - end skill with clean hands - avoid holding clean or dirty linen, to include clothing protector, against clothing - avoid placing linen, to include clothing protector, directly on floor	- per checkpoint	- announce self or knock before entering room - refrain from addressing resident using terms, other than a name, such as "honey"	- leave call light in or near resident's hand, or on the bed within reach at end of skill - leave bed in low position at end of skill
Foot care	- refrain from touching resident before hands are clean - end skill with clean hands - avoid placing dirty linen directly on overbed table - avoid holding clean or dirty linen against clothing - avoid placing linen directly on floor except when used as barrier during foot care - remove gloves (if worn) without contaminating self	- ask resident about comfort with water temperature - per checkpoint	- announce self or knock before entering room - refrain from addressing resident using terms, other than a name, such as "honey" - close privacy curtain before providing care	- leave call light in or near resident's hand, or on the bed within reach at end of skill - leave bed in low position at end of skill
Hand and nail Care*	- refrain from touching resident before hands are clean - end skill with clean hands - avoid placing dirty linen directly on floor - remove gloves (if worn) without contaminating self	- ask resident about comfort with water temperature - per checkpoint	- announce self or knock before entering room - refrain from addressing resident using terms, other than a name, such as "honey"	- leave call light in or near resident's hand, or on the bed within reach at end of skill - leave bed in low position at end of skill

*not tested in Wyoming

Indirect Care Behaviors

Skill	Standard Precautions-Infection Control	Comfort Needs	Rights	Safety
Measure and record contents urinary drainage bag*	• refrain from touching resident before hands are clean • end skill with clean hands • remove gloves (if worn) without contaminating self • avoid placing dirty linen directly on floor except as barrier • avoid placing soiled linen directly on overbed table • avoid placing bedpan (if used) directly on overbed table	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Measure and record pulse	• refrain from touching resident before hands are clean • end skill with clean hands	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey"	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Measure and record respirations	• refrain from touching resident before hands are clean • end skill with clean hands	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey"	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Mouth care – brush teeth	• refrain from touching resident before hands are clean • end skill with clean hands • avoid holding clean or dirty linen against clothing	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey"	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill

*not tested in Wyoming

PROMETRIC

Indirect Care Behaviors

Skill	Standard Precautions- Infection Control	Comfort Needs	Rights	Safety
Mouth care – denture	• refrain from touching resident before hands are clean • end skill with clean hands • avoid holding clean or dirty linen against clothing • avoid placing linen directly on floor • remove gloves without contaminating self	• ask resident about comfort with water temperature • per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care	• leave call light in or near resident's hand, or on the bed within reach at end of skill • leave bed in low position at end of skill
Partial bed bath	• refrain from touching resident before hands are clean • end skill with clean hands • avoid holding clean or dirty linen against clothing • avoid placing linen directly on floor • use bath basin to contain bath water • remove gloves (if worn) without contaminating self	• ask resident about comfort with water temperature • per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • minimize exposure of resident while bathing • leave resident covered with top sheet at completion of care (arms do not need to be under covers)	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Perineal care	• refrain from touching resident before hands are clean • end skill with clean hands • avoid placing soiled linen (e.g., washcloth, towel, underpad) directly on overbed table • avoid holding clean or dirty linen against clothing • avoid placing linen directly on floor • use bath basin for bathing water • remove gloves without contaminating self	• ask resident about comfort with water temperature • per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • minimize exposure of resident while bathing • leave resident covered with top sheet at completion of care (arms do not need to be under covers)	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill

Clinical Exam: Indirect Care Behaviors

PROMETRIC

Indirect Care Behaviors

Skill	Standard Precautions-Infection Control	Comfort Needs	Rights	Safety
Range of Motion (ROM)	• refrain from touching resident before hands are clean • end skill with clean hands	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey" • close privacy curtain before providing care • leave resident covered with top sheet at completion of care (arms do not need to be under covers)	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill
Transfer	• refrain from touching resident before hands are clean • end skill with clean hands	• per checkpoint	• announce self or knock before entering room • refrain from addressing resident using terms, other than a name, such as "honey"	• leave call light in or near resident's hand at end of skill • leave bed in low position at end of skill

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When Candidates are called into the testing room, the Nurse Aide Evaluator will:

- Ask to see government-issued identification (name matches roster, that's current with photo and signature). High School IDs with same requirements and the candidates birth certificate is also allowed.
- Require candidate to empty pockets, show ears/arms and store personal belongings in the testing room.
- Show candidate around the testing room (orientation) to give candidate a chance to see the supplies and equipment needed to perform skills. At this time candidates may try using any of the equipment.
- Give candidates a chance to ask questions about the instructions on orientation.
- Nurse Aide Evaluator will tell the candidates which one will take their test and while the other plays the resident.

Rude or disruptive behavior will not be tolerated

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When Candidates are called into the testing room, the Nurse Aide Evaluator will:

- Give candidate a card that has the list of skills candidates are to perform with instructions for each skill. Computer assigns skills randomly.
- The NAE reads the entire card to the candidate including time allowed and allows the candidate time to review the card and look around the room.
- The NAE will provide actor/resident with instructions and provide skill specific instructions.
- The NAE will provide more instructions right before the exam starts and show timer.
- Timer is started when candidate is ready and skill test is started.
- After the completion of the skills exam, the roles are reversed, and the next skill exam is given.

Rude or disruptive behavior will not be tolerated

Prometric Resources

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Please visit www.prometric.com/nurseaide/tx
Candidate Information Bulletin
Click on Candidate Resources- Prepare for Exam

Clinical Skills Checklist
https://www.prometric.com/sites/default/files/NAClinicalSkillsChecklist.pdf

Clinical Skills Test General Instructions
https://www.prometric.com/sites/default/files/ClinicalSkillsInstructions.pdf

Clinical Skills Timing Study
https://www.prometric.com/sites/default/files/SummaryClinicalSkillsTiming.pdf

Indirect Care Behaviors
https://www.prometric.com/sites/default/files/IndirectCareBehaviors.pdf

Measurement Forms
https://www.prometric.com/sites/default/files/MeasurementForms.pdf

Prepare for the Exam

Below you will find exam preparation materials for your Clinical Skills exam including the exact checklist that will be used by your evaluator. Information about the Written/Oral exam can be found in the Candidate Information Bulletin.

- Clinical Skills Checklist
- Clinical Skills Instructions
- Clinical Skills Timing Information
- Indirect Care Behaviors
- Measurement Forms