



# CNA Skills

Location: COS, Visalia

## Chairpersons:

Sylvia Silva

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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 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.

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