



# CNA Skills

Location:

Join Zoom Meeting

Friday, April 16, 2021

9:00 am

<https://tulare-k12-ca-us.zoom.us/j/97008213990?pwd=ajdkbHhLQ25DQURUallnUWdwQ01SZz09>

Meeting ID: 970 0821 3990

Passcode: 177989

Chairpersons: Sylvia Silva

[Sylvia.silva@tulare.k12.ca.us](mailto:Sylvia.silva@tulare.k12.ca.us)

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. Students 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

## **HELLO PARTICIPANTS!!!!**

For the virtual Blood Pressure we will need for the instructors at your site to be your evaluator. We will have your instructor with you on the zoom and we will observe you performing the skill. You will be listening with a teacher's stethoscope and we will have you write down your results and your teacher will write down their results.

## **EQUIPMENT AND MATERIALS:**

- Sink for handwashing
- Hand sanitizer
- Masks and face shields
- Blood pressure cuff
- Instructor stethoscope
- Evaluation document for each participant (we can email but they are also available in the Pearson Vue handbook)
- Alcohol preps for cleaning the stethoscope between each use
- Sanitizing wipes for cleaning the cuff in between each use as well as disinfecting the area between each student.

We will collect your results and confirm the winner at the end of the EXPO.

[www.tkexpo.org](http://www.tkexpo.org)



Please let me know if you have any questions!

Sylvia Silva RN  
559-656-5664  
sylvia.silva@tulare.k12.ca.us

**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.

### **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!