

NURSING ASSISTANT SKILL PROFICIENCY PERFORMANCE LIST (NAPP)

Student Name: _____

Program Start Date: _____ Program End Date: _____

- This document becomes a permanent part of the student record and must be 100% complete for training completion, including instructor signature.
- Students must be provided adequate opportunity to practice and gain proficiency for each skill.
- Proficiency must be confirmed for each skill listed by documenting the date proficiency achieved and the initials of the training program staff verifying proficiency.

By signing below the instructor verifies that student has learned and proficiently demonstrated these skills.

Instructor Signature: _____ Date: _____

SKILLS	DATE OF DEMONSTRATION <i>(optional)</i>	STAFF INITIALS <i>(optional)</i>	DATE OF PROFICIENCY <i>(required)</i>	STAFF INITIALS <i>(required)</i>
Unit 1 Certification				
Login and complete TMU account (Name must match ID that will be used in testing) Write down the name of who checked your ID: Linda, Carol, Claudia?			<i>Not Required</i>	<i>Not Required</i>
Unit 2 Intro to Healthcare				
Demonstrate Beginning & Ending Procedures				
Who did you demonstrate the skills to?				
Unit 3 Communication				
Demonstrate ability to converse with residents (role play) Write name of person you role played with.				
Give verbal report (role play)				
Call light positioning				
Hearing aid/ eyeglass care (Clean glasses)				
Unit 4 Infection Prevention				
Handwashing				
Hand Sanitizer				
Gloving (don, doff)				
Putting on and removing personal protective equipment (gown, gloves, mask)				

Unit 5 Basic Safety & Emergencies				
Abdominal thrust/Heimlich Maneuver				
Mark after practicing on mannikin				
Unit 6 Positioning & Ambulation				
Moving & Positioning .				
• Lateral : describe position				
• Supine: describe position				
• Prone: describe position				
• Sim's: describe position				
• Fowlers: including semi and high describe position				
• Sitting: describe position				
Assisting to move to the head of the bed				
Assisting to move to the head of bed using draw sheet/lift/transfer sheet				
Moving a resident to one side of the bed				
Turning a resident away from you				
Turning a resident toward you				
Logrolling a Resident				
Assist to edge of bed to dangle (write definition of dangle)				
Proper use of the gait belt (used whenever assisting to ambulate or transfer):				
• Assist to ambulate, including resident with an affected side				
• Assist to ambulate a visually impaired resident				
• Assist to ambulate with a cane				
• Assist to ambulate with a walker				
Pivot transfer from bed to wheelchair and wheelchair to bed (including resident with an affected side)				
Proper wheelchair/geriatric chair positioning				
Pressure ulcer prevention: write 5				
Assisting a falling resident				
Unit 7 Resident Environment				
Bed making				
Occupied bed making				
Occupied draw sheet change				
Height; standing and supine and contracted resident in bed (record height of standing and laying in bed, use tape measure for resident in bed)				
Weight: standing & wheelchair (Write wt)				

Unit 8 Basic Human Needs				
Maslow's Hierarchy of Needs				
Write levels of pyramid				
Unit 9 Vital Signs				
Reading electronic and digital thermometers				
Measuring and documenting oral, temporal, and tympanic temperatures				
Measuring and documenting radial and apical pulses (within 4)				
Measuring and documenting respirations (within 2)				
Measuring and documenting blood pressure 1-step method (within 10mmHG)				
Measuring and documenting blood pressure 2-step method (within 10mmHG)				
Measuring and documenting blood pressure with electronic BP machine				
Measuring and documenting oxygen saturation and pulse using a pulse oximeter				
Observing resident for signs of pain and asking questions when a resident reports pain; numerical and faces pain scale (role play)				
Cold pack application and monitoring				
Application of anti-embolism stockings				
Apply nasal cannula and oxygen mask and check oxygen flow rate				
Unit 10 Hygiene and Grooming				
Complete Bed Bath/Partial Bed Bath				
Tub Bath/Shower (demo/discussion)				
Backrub				
Perineal care; male and female				
Haircare/shampoo; bed, sink, dry shampoo, shower cap				
Oral Care				
<ul style="list-style-type: none"> • Conscious resident <ul style="list-style-type: none"> ➤ Natural teeth ➤ Dentures • Unconscious resident-aspiration precautions 				
Shaving/ electric and safety razor				

Unit 11 Nutrition				
Position resident and serve a meal tray				
Assist resident at mealtime				
Feed resident a complete meal				
Feed a resident with swallowing difficulties				
Estimate the amount of solid food eaten				
Measure and record fluid intake				
Convert ounces to ml/cc				
Unit 12 Body Systems; GI & GU, MS				
Provide assist to nurse with resident care pre- and post-enema				
Ostomy care: skin care, empty bag, bag change				
Assisting with a bedpan/fracture pan				
Assisting resident with bedside commode/ to bathroom				
Brief change including pericare; male and female				
Assists a male resident with a urinal				
Indwelling catheter care; including tubing and bag positioning				
Empty down drain bag and measure urine output using a graduate				
Applying an abduction pillow for hip fracture				
Unit 13 Mental Health & Mental Illness				
No applicable skills				
Unit 14 Cognitive Impairment & Dementia				
No applicable skills				
Unit 15 Rehabilitation & Restorative Care				
Range of motion exercises; passive and active				
Unit 16 End of Life Care				
Post mortem Care				

AM & PM care				
Nailcare/footcare, including trimming nails and toenails				
Dressing/undressing, including resident with an affected side				