

# **SkillsUSA 2015 Contest Projects**

## **Practical Nursing**

Click the “Print this Section” button above to automatically print the specifications for this contest. Make sure your printer is turned on before pressing the button.

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# Scenarios & Answer Key

Judge Initials \_\_\_\_\_

Contestant Number \_\_\_\_\_

## SkillsUSA Championships 2015 Handwashing and Gloving

Points earned \_\_\_\_\_/out of 195 = \_\_\_\_\_%

<i>Performance Points</i>	<i>Pts. Poss.</i>	<i>Pts. Earned</i>	<i>Remarks</i>
1. Assembled equipment (soap, towels, orange stick/nail file, wastebasket - collects missing items)	5		
2. Pushed watch up arm 4 to 5 inches. If uniform sleeves were long, pushed them up.	5		
3. Stood so that clothes did not touch the sink.	5		
4. Stood so the soap and faucet were easy to reach.	5		
5. Did not touch inside of sink at any time.	5		
6. Turned on and adjusted the water until it felt warm.	5		
7. Wet wrists and hands. Kept hands lower than elbows.	5		
8. Wet the area 3 to 4 inches above the wrists.	5		
9. Applied about 1 teaspoon of soap to hands.	5		
10. Rubbed palms together and interlaced fingers to work up a good lather for at least 15 seconds.	5		
11. Washed each hand and wrist thoroughly.	5		
12. Cleaned well between fingers, all the way to tips	5		
13. Cleaned top of both hands, covering all surfaces	5		
14. Cleaned under fingernails:			
a. rubbed fingertips against palms	5		
b. cleaned under fingernails with nail file or orange stick	5		
15. Rinsed wrists and hands well. Water flowed from the wrists to fingertips.	5		
16. Rinsed thoroughly, removed all soap	5		
17. Dried wrists and hands with a clean, dry paper towel.	5		
18. Patted dry starting at fingertips.	5		
19. Kept fingertips below wrists while drying.	5		
20. Discarded the paper towels into the wastebasket.	5		

21. Turned off faucets with clean, dry paper towels.	5		
22. Discarded paper towels into the wastebasket.	5		
23. Put on gloves	5		
<b>REMOVES GLOVES:</b>			
24. Touched outside of glove with outside of glove only	5		
25. Grasped outside of glove just above the cuff.	5		
26. Pulled glove down over hand so it was inside out	5		
27. Contaminated part of glove does not come into contact with skin	5		
28. Held removed glove with other gloved hand	5		
29. Reached inside the other glove with the fingers of ungloved hand	5		
30. Pulled glove down, inside out, over hand and other glove	5		
31. Contaminated part of glove did not come into contact with skin	5		
31. Removed gloves without snapping/popping gloves	5		
32. Discarded gloves in proper receptacle	5		
33. Hand hygiene (may verbalize)	5		
<b>ATTITUDE</b>			
a. toward supervisors (judges)	5		
b. toward task	5		
<b>COMMUNICATION SKILLS</b>			
a. facial expressions	2		
b. ability to listen	2		
c. interprets/implements oral/written directions	2		
d. accuracy of oral/written terminology	2		
<b>SPEED IN COMPLETION OF TASK</b>			
a. completed within allotted time	2		
<b>Total</b>	195		

**JUDGE COMMENTS:**

Judge Initials \_\_\_\_\_

Contestant Number \_\_\_\_\_

**SkillsUSA Championships**  
**2015**  
**Adult CPR w AED**

Points earned \_\_\_\_\_ /out of 145 = \_\_\_\_\_ %

1. Places manikin on firm surface in supine position	5		
2. Checks scene safety	5		
3. Checks responsiveness and signs of consciousness	5		
3. Activates EMS system	5		
5. Administers chest compressions as follows:			
a. Places heel of hand on lower half of sternum	5		
b. Gives compressions at a rate of 100 per minute	5		
c. Compresses chest to 2 inches, fast and hard	5		
6. Gives two ventilations after every thirty compressions:	5		
a. Opens airway, using head tilt/chin lift method	5		
b. Looks, listens and feels for respirations for 5-10 seconds	5		
c. Gives 2 slow full breaths	5		
7. Repeats cycle of 30:2 for 2 minutes	5		
8. Checks pulse and breathing for 5-10 seconds	5		
<b>**Tell contestant that patient has no pulse and respirations.**</b>			
9. Properly verbalizes what should be done if no pulse.	5		
10. Uses AED at appropriate time	5		
a. Gets AED after one minute of cycles	5		
b. Properly places pads	5		
c. Listens and follows instructions of AED	5		
d. Continues with CPR as instructed without delay	5		
e. Continues to follow AED instructions until told by judge to do otherwise	5		
<b>**Tell contestant that patient has a pulse and respirations.**</b>			
10. Positions patient in recovery position	5		
11. Stays with person until help arrives	5		
12. Attitude:			
a. toward patient	5		
b. toward supervisors (judges)	5		
c. toward task	5		
13. Communication skills:			
a. facial expressions	5		
b. ability to listen	5		
c. interprets/implements oral/written directions	5		
14. Safety measures:			
a. Utilizes safety precautions for patient & self	5		
<b>TOTAL</b>	<b>145</b>		

**JUDGE COMMENTS:**

**SkillsUSA 2015**  
**Practical Nursing Competition**  
**Medication Administration**

**Time Limit:** 15 Minutes

3 Minute Warning will be Given

**Scenario:** Your first patient of the day for your medication administration is a 40 year-old male, Mr. John Doe, who was admitted two days ago with colitis. He has a history of atrial fibrillation, GERD, and HTN. Allergies listed are Sulfa drugs, Phenergan, and Morphine. You enter the medication room and have pulled up the first order. The order is as follows:

*Promethazine 12.5 mg PO now and repeat again in 8 hours X 1.*

*Digoxin 0.25 mg PO daily.*

**Contestant Information:** Medication administration is one of the most important skills a Practical Nurse learns. Correct technique, medication knowledge, correct dosage calculation, critical thinking, and safety are all part of the medication administration process. Please prepare and administer the medications listed in the above scenario. Let the judge know when you are ready to begin.

**SkillsUSA 2015**

**Practical Nursing Competition**

**DIRECTIONS:** Listed below is a description of triage levels according to the Emergency Severity Index. After reviewing the triage levels, please read the five patient scenarios below and prioritize the scenarios according to severity.

Triage Levels According to ESI (Emergency Severity Index):

Level I: Critical

Level II: Emergent

Level III: Urgent

Level IV: Semi-urgent

Level V: Non-urgent

1. 24 y/o female presents with a three day history of lower abd pain, nauseated. Denies any cramping, discharge or abnormal bleeding.

Vital signs HR 120, RR 22, temp 99.0 , BP 122/78, O2 Sat 98%, pain 8/10

LMP unknown Gravida 2 Para 0

— Due to the patient's LMP being unknown and a hx of gravida 2 with no live births, patient should be level IV.

Connect to BP machine and pulse ox anticipate IV, lab drawn CBC, BMP, HCG quantative, UA urine pregnancy, abd and pelvic ultra sound to pregnancy rule out possible miscarriage.

2. 55 y/o male presents with chest pain that started the prior day. Patient also reports breaking out in "cold sweat" and complains of slight nausea. Hx of diabetes & HTN.

Vital signs: HR 90, RR 20, temp 97.6, BP 165/101, O2 Sat 92 %, pain 5/10

— ESI level II

EKG should be done with 5 minutes of arrival and shown to the physician to determine any ST elevations or major changes

Place patient on 2 liters BNC, Anticipate placing IV drawing labs CBC, CMP, Tn-t, protime, Ptt, INR, ASA, NTG ointment

No changes on EKG but Tn-t comes back elevated anticipate beta-blocker and possible transfer to cath lab

3. 10 y/o male while running and playing football fell and twisted right ankle, patient was able to bear weight initially on right ankle, after arriving home began complaining of increased pain with ambulation. Right ankle has moderate swelling with some slight bruising.

Vital signs: HR 114, RR 18, temp 98.6, BP 114/67, O2 Sat 99%, pain 4/10

→ ESI V

Anticipate Xray 3 view of right ankle and foot which comes back negative for fracture dx ankle sprain

Ace wrap instructions elevate next 24 hours, follow-up with PCP next 3 days return if worse, sometimes due to swelling

Fractures are missed on initial xray

4. 74 y/o male brought in via ambulance with acute dyspnea and hx of CHF. Heart rate 166 beats per minute, irregular via auscultation. BP 180/110, respirations 34 times a minute with some accessory muscle use. O2 Sat is 86% on 100% NRB, patient is slight agitated & pulling at mask. Lung sounds via auscultation reveals wheezing in all lobes anterior and posterior.

→ ESI level I

EKG immediately upon arrival present to physician afterwards Afib RVR

Place on cardiac monitor while also connecting to blood pressure, continuous pulse ox

Call for resp therapy ABGs and breathing treatment albuterol and xopenex unit dose

Place IV, draw CBC, CMP, BNP, Prottime, Ptt, INR, Tn-t

Anticipate STAT PCXR

Dx. Pulmonary edema, anticipate Lasix, low dose morphine, ativan and BiPaP

5. 35 y/o male with 2 day hx of vomiting and right flank pain radiates to right groin, unable to keep anything (solids or liquids) down without vomiting. Patient is unable to sit still, very restless, writhing in pain. Reports difficulty and pain with urination.

Vital Signs: HR 134, RR 28, temp 100, O2 Sat 98%, BP 188/110, pain 10/10

→ ESI III but due to BP and pain level patient should be brought back and placed in a room or hall bed

Anticipate IV, labs CBC, CMP, UA, CT scan abd, IV fluids and pain medication

Dx kidney stone

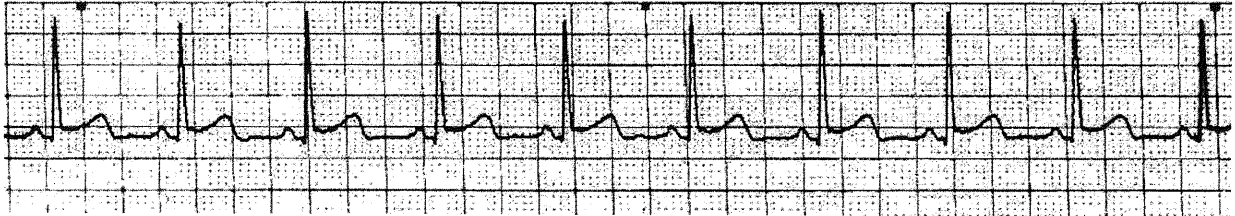


SkillsUSA 2015  
Practical Nursing Competition

Basic ECG Interpretation Test

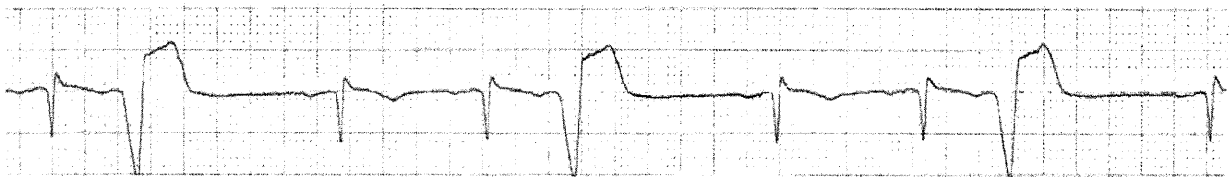
**DIRECTIONS:** The following test consists of 20 questions. Please answer each question to the best of your ability.

1.



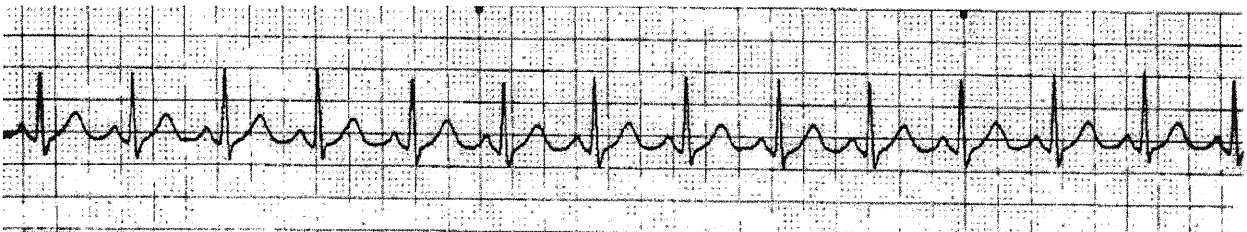
- A. Normal Sinus Rhythm
- B. Sinus Tachycardia
- C. NSR with PAC's
- D. NSR with 1st Degree AV Block
- E. NSR with PVC's

2.



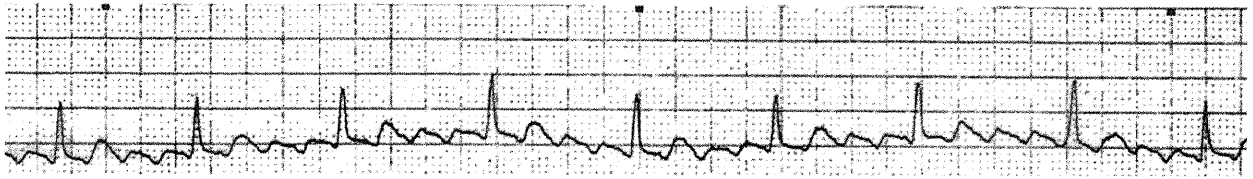
- A. Sinus Rhythm with PAC's
- B. Junctional Rhythm
- C. 2nd Degree AV Block, Type I
- D. 3rd Degree AV Block
- E. Normal Sinus Rhythm with PVC's

3.



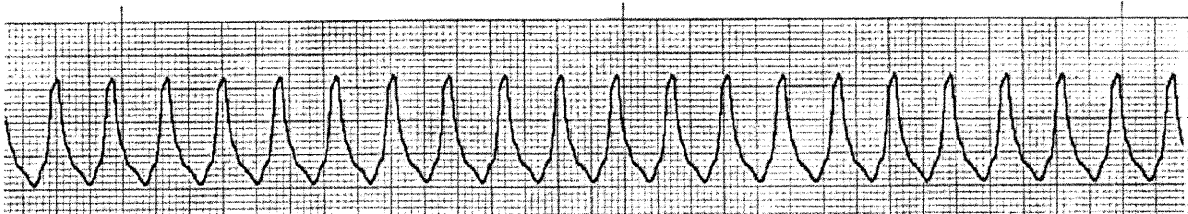
- A. Sinus Tachycardia
- B. Junctional Tachycardia
- C. Atrial Fibrillation with Rapid Ventricular Response
- D. Atrial Flutter
- E. NSR

4.



- A. Sinus Tachycardia
- B. Atrial Fibrillation
- C. Atrial Flutter
- D. Junctional Rhythm
- E. Ventricular Tachycardia
- F. Ventricular Fibrillation

5.



- A. Supraventricular Tachycardia (SVT)
- B. Atrial Flutter
- C. Ventricular Tachycardia
- D. Ventricular Fibrillation
- E. Asystole

## **EKG Test Answer Key**

1. A
2. E
3. A
4. C
5. C

Judge Initials \_\_\_\_\_

Contestant Number \_\_\_\_\_

**SkillsUSA Championships****2015****Measuring and Recording Blood Pressure and Pulse**

Points earned \_\_\_\_\_/out of 195 = \_\_\_\_\_%

	<i>Pts. Poss.</i>	<i>Pts. Earned</i>	<i>Remarks</i>
<i>Performance Points</i>			
1. Assembles equipment for taking Vital Signs	5		
2. Performs hand hygiene	5		
3. Knocks on door, introduces self, and identifies patient using two identifiers, explains procedure	5		
4. Provides privacy	5		
5. Obtains patient permission	5		
6. Assures patient is comfortable	5		
<b>PULSE</b>			
7. Places fingers correctly for counting pulse	5		
8. Counts pulse for at least 30 seconds	5		
9. Obtains correct count to +/- 2 beats per minute	5		
10. Notes rhythm and volume	5		
<b>BLOOD PRESSURE</b>			
16. Cleans stethoscope earpieces and bell/disk with alcohol	5		
17. Applies BP cuff correctly	5		
18. Places stethoscope in ears correctly	5		
19. Locates brachial artery and places bell correctly	5		
20. Inflates cuff properly	5		
21. Reads pressure to +/- 2 mm Hg	5		
22. Recognizes abnormal V/S measurements and reports immediately	5		
23. Cleans stethoscope earpieces and bell/disk with alcohol	5		
24. Observes patient for comfort	5		
25. Observes checkpoints before leaving:			
a. Lowers bed to lowest level	5		
b. Places call signal and supplies within reach	5		
c. Opens curtain	5		
d. Leaves area neat and clean	5		
26. Hand hygiene (may verbalize)	5		
27. Reports any abnormal findings	5		
28. Organization of work:			

a. arrives at contest ready to begin skill problem	5		
b. reads problems/checks assumptions/questions	5		
c. obtains necessary equip to complete problem	5		
d. organizes equip/solves problem conveniently	5		
29 Attitude:			
a. toward patient	5		
b. toward supervisors (judges)	5		
c. toward task	5		
30. Communication skills:			
a. facial expressions	5		
b. ability to listen	5		
c. attempt to lower patient anxiety	5		
d. interprets/implements oral/written directions	5		
e. accuracy of oral/written terminology	5		
31. Safety measures:			
a. Utilizes safety precautions for patient & self	5		
32. Speed in completion of task:			
a. completed within allotted time	5		
<b>Total</b>	195		

Judge Initials \_\_\_\_\_

Contestant Number \_\_\_\_\_

**SkillsUSA Championships  
2015  
Job Interview and Resume**

Points earned \_\_\_\_\_ /out of ~~135~~ <sup>60 + 50</sup> = \_\_\_\_\_ %

<b>JOB INTERVIEW</b>			
1. Dresses appropriately for interview			
a. Uniform is neat and clean	5		
b. Hair is orderly and pulled back from face	5		
c. Minimal amount of make-up/clean shaven	5		
d. Minimal amount of jewelry is worn	5		
e. Shoes are appropriate	5		
2. Introduces self and shakes hands firmly if indicated	5		
3. Refers to employer by name	5		
4. Sits correctly with good posture	5		
5. Listens closely to employer's questions/comments	5		
6. Speaks slowly and clearly without mumbling	5		
7. Smiles but avoids excessive laughter or giggling	5		
8. Maintains eye contact with employer	5		
9. Avoids mannerisms during interview	5		
10. Uses correct English and avoids slang terms	5		
11. Uses correct manners and acts politely	5		
12. Avoids smoking, chewing gum, eating candy, etc.	1		
13. Asks questions pertaining to job responsibility and avoids questioning fringe benefits, raises, etc.	4		
14. Thanks employer for the interview at the end	5		
15. Shakes hands firmly if indicated	5		
<b>RESUME</b>			
16. Uses good quality paper	5		
17. Types all information neatly and accurately	5		
18. Follows consistent format/spacing throughout	5		
19. Includes all of the following information:			
a. Personal identification: name, address, telephone	5		

b. Employment objective	5		
c. Educational background: name and address of school, special courses, or training	5		
d. Work or employment experience: name/address of employers, dates employed, job title, description of duties, in order from most recent backward	5		
e. Skills and specific knowledge	5		
f. Other activities; organizations, offices held, awards, volunteer work, hobbies, interests	5		
g. References: full name, title, and address or states "References will be furnished on request"	5		
20. Spells all words correctly	5		
21. Punctuates all information correctly	5		
<b>Total</b>	<del>150</del>		

60

JUDGE COMMENTS: