



State-Approved Curriculum
NURSE AIDE I TRAINING PROGRAM
July 2013
Appendix and Resources



North Carolina Department of Health and Human Services
Division of Health Service Regulation
Health Care Personnel Registry Section
Center for Aide Regulation and Education
NC DHHS is an equal opportunity provider and employer.

APPENDIX A

SKILL PERFORMANCE CHECKLISTS SUMMARY

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All information should be completed as directed and kept in student file for a minimum of 3 years.

DIRECTIONS FOR USE OF THE SKILL PERFORMANCE CHECKLISTS SUMMARY

Column A: The instructor must teach and demonstrate each skill on this list. Use the top of the diagonal for date of demonstration and the bottom of the diagonal for the instructor's initials.

Column B: The student must demonstrate lab proficiency in all ★starred skills★. Use the top of the diagonal for the date of the student's return demonstration and the bottom of the diagonal for the instructor's initials. Non-starred and school specific skills may be performed in the clinical setting but must first be proficiency checked in the lab.

Column C: The student must perform a minimum of 15 starred skills in clinical. Use the top of the diagonal for date of demonstration and the bottom of the diagonal for the instructor's initials. In Skills 13, 17, 18, 19, 24, 25, 31 and 35, not all components of the skill may be available. In these cases, circle the skill component(s) completed in the clinical setting.

Skill Performance Checklists		Column A Date Demonstrated by Instructor	Column B Date Proficiency Verified in Lab	Column C Date Performed in Clinical
Personal Care Skills		Performance Summary		
★	1. Providing complete/partial bed bath	/	/	/
★	2. Dressing and undressing	/	/	/
★	3. Providing perineal care	/	/	/
★	4. Making an occupied bed	/	/	/
★	5. Providing foot care	/	/	/
★	6. Providing fingernail care	/	/	/
★	7. Providing mouth care	/	/	/
★	8. Providing mouth care for unconscious resident	/	/	/
★	9. Providing mouth care for cognitively impaired resident	/	/	/
★	10. Assisting with denture care	/	/	/
	11. Assisting with oral hygiene	/	/	/
	12. Assisting resident with shaving	/	/	/
	13. Providing hair care; includes shampooing as needed	/	/	/

Skill Performance Checklists		Column A Date Demonstrated by Instructor	Column B Date Proficiency Verified in Lab	Column C Date Performed in Clinical
	14. Giving tub bath or shower (per clinical environment)			
	15. Providing backrub			
Infection Prevention and Control		Performance Summary		
★	16. Providing hand hygiene			
★	17. Putting on & taking off Personal Protective Equipment (PPE) – Gowns, gloves, mask			
Measurements		Performance Summary		
★	18. Measuring and recording combined vital signs (manual BP, radial pulse, respirations, oral non-mercury glass thermometer)			
★	19. Measuring and recording height and weight (balance scale)			
	20. Measuring and recording axillary temperature (non-mercury glass thermometer)			
	21. Measuring and recording rectal temperature (non-mercury glass thermometer)			
	22. Measuring and recording temperature (electronic or tympanic)			
Elimination		Performance Summary		
★	23. Collecting routine urine specimen			
★	24. Assisting with use of bathroom, bedside commode, bedpan and urinal and measuring and recording urinary output			
★	25. Providing catheter care and emptying urinary drainage bag			
	26. Placeholder			
	27. Placeholder			
	28. Collecting stool specimen			
	29. Applying and caring for condom catheters			
	30. Administering cleansing enema			
Hydration and Nutrition		Performance Summary		
★	31. Assisting with dining/feeding resident who cannot feed self and measuring and recording intake			
	32. Performing relief of choking			
Mobility		Performance Summary		
★	33. Performing range of motion exercises (active ROM, passive ROM)			
★	34. Transferring from bed to wheelchair/chair			
★	35. Moving up in bed using turning sheet and positioning resident on side			

Student Name: _____

Skill Performance Checklists		Column A Date Demonstrated by Instructor	Column B Date Proficiency Verified in Lab	Column C Date Performed in Clinical
★	36. Assisting with ambulation			
★	37. Applying restraints			
	38. Assisting to dangle, stand and walk			
	39. Placeholder			
	40. Using mechanical lift (per clinical environment)			
	41. Transferring from bed to stretcher (per clinical environment)			
	42. Assisting to move up in bed			
Treatment		Performance Summary		
★	43. Applying anti-embolism (Elastic) stockings			
	44. Applying warm or cold applications			
	45. Applying elastic bandages			
	46. Assisting with coughing and deep breathing			
	47. Applying non-sterile dressing			
	48. Performing post-mortem care			
School Specific		Performance Summary		
	School specific skill			
	School specific skill			

Initials	Instructor's Name

Initials	Instructor's Name

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* Resources with a publication date or production date older than five years have been reviewed and evaluated as relevant and appropriate.