

# CNA Skills 4-6

## Skill 4: Measure and Record Respirations

Place the steps in order from 1 to 9.

- Count respirations for one (1) full minute.
- Provide an explanation to the resident of the care to be performed and obtain permission (stating you will take the pulse or vital signs, but not respirations).
- Ask the resident about any comfort, preferences, and/or needs.
- Knock, greet the resident by name, and introduce yourself.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".
- Provide safety measures throughout skill performance.
- Record the respiration rate within +/- 2 breaths per minute of the Proctor's measurement.
- Perform handwashing.
- Verbalize handwashing after the skill is completed and before documentation.

## Skill 5: Measure and Record Manual Blood Pressure

Place the steps in order from 1 to 20.

- Locate the brachial pulse with your fingertips.
- Open the valve slightly with your thumb and index finger, deflating the cuff slowly while watching the gauge.
- Ask the resident to roll up their sleeve so the upper arm is exposed at least 5 inches above the elbow (do not measure over clothing).
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Close the valve.
- Sanitize the stethoscope, diaphragm, and earpieces with alcohol wipes.
- Ask the resident if they have used tobacco, alcohol, caffeine, food, or exercised within the last 30 minutes.
- Perform handwashing.
- Record the blood pressure reading within +/- 4 mm Hg of the Proctor's reading.
- Open the valve completely once the BP is obtained and remove the cuff.
- Position the resident's arm palm up, level with the heart (feet flat if in a chair; legs uncrossed if in bed).
- Inflate the cuff to between 160 mm Hg to 180 mm Hg.

- Place the cuff snugly on the resident's upper arm, with the center arrow placed over the brachial artery.
- Knock, greet the resident by name, and introduce yourself.
- Sanitize the stethoscope with alcohol wipes and store the equipment appropriately.
- Provide safety measures throughout skill performance.
- Make sure the cuff is completely deflated.
- Ask the resident about any comfort, preferences, and/or needs.
- Verbalize handwashing after the skill is completed and before documentation.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".

### **Skill 6: Empty Urinary Drainage Bag, Measure Urine Output, and Record**

*Place the steps in order from 1 to 16.*

- Don gloves before handling the urinary drainage bag and graduate.
- Ask the resident about any comfort, preferences, and/or needs.
- Gather needed supplies.
- Place the graduate on a barrier placed on the floor while emptying the contents of the bag.
- Perform handwashing.
- Empty the contents without contaminating the drainage tube, close the clamp/valve, and replace it into the drain sleeve (keeping the bag off the floor).
- Provide privacy.
- Reverse privacy measures.
- Knock, greet the resident by name, and introduce yourself.
- Set the graduate onto a flat surface protected by a barrier and read the measurement at eye level.
- Provide safety measures throughout skill performance.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Record the urine measurement on the provided form.
- Empty the urine into the toilet, rinse and dry the container, pour rinse water into the toilet, and return/discard supplies appropriately.
- Remove gloves and verbalize handwashing.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".