

C.N.A. Skills Sequencing Worksheet

Instructions: Below are the essential steps for three foundational Certified Nursing Assistant (C.N.A.) clinical skills. However, the steps are currently scrambled! Write a number (**1 through 8** or **1 through 11**) in the space provided to place the steps of each skill in the correct, safe clinical order according to your checklist.

Skill 1: Handwashing (SP)

Place the steps in order from 1 to 8.

- Apply friction to all hand surfaces for a minimum of 20 seconds.
- Dry hands with paper towels.
- Wet hands.
- Use another paper towel to turn off the faucet.
- Apply soap.
- Avoid any body contact with the sink throughout the procedure.
- Rinse hands with fingertips down, without touching any sink surface.
- Use friction to create a lather from wrist to fingertips, including under the nails.

Skill 2: Measure and Record Radial Pulse

Place the steps in order from 1 to 11.

- Provide safety measures throughout skill performance.
- Perform handwashing before the skill begins.
- Count the pulse for one (1) full minute.
- 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".
- Use fingers (not thumbs) at the radial site to count the pulse.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Verbalize handwashing after the skill is completed and before documentation.
- Record the pulse rate within +/- 4 bpm of the Proctor's measurement.
- Provide support to the resident's arm while the pulse is being measured.
- Ask the resident about any comfort, preferences, and/or needs.

Skill 3: Ambulate Resident with a Gait Belt

Place the steps in order from 1 to 11.

- Gather supplies.
- Walk the resident while standing slightly behind and to the side with an underhand grip of the gait belt (at least 10 steps).
- Apply a gait belt over clothing at waist level, ensuring enough room for flat fingers to fit snugly between the belt and the sitting resident.
- Perform handwashing.
- Face the resident with hands at their side under the gait belt, and cue the resident when to stand.

- Knock, greet the resident by name, and introduce yourself.
- Ambulate the resident back to the chair, positioning them with the back of their legs touching the chair, and cue them to a seated position while maintaining support.
- Check the resident for non-slip footwear and ensure their feet are flat on the floor.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Remove the gait belt without causing shearing or friction.
- Ask the resident how they are feeling upon standing and during ambulation.