

CNA Skills 7-9

Skill 7: Feeds and Encourages Fluids to Resident Lying in Bed

Place the steps in order from 1 to 21.

- Converse with the resident throughout the feeding.
- Perform handwashing.
- Offer fluids first and after every 2–3 bites, allowing time for the resident to swallow.
- Record the amount of feeding received within 25% of the Proctor's measurement.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Offer a clothing protector to the resident.
- Gather supplies.
- Elevate the head of the bed (HOB) to a 90° angle.
- Reverse privacy measures.
- Knock, greet the resident by name, and introduce yourself.
- Provide safety measures throughout skill performance.
- Use a barrier or provide a clean surface for the snack.
- Ask the resident about any comfort, preferences, and/or needs.
- Wash the resident's hands using a washcloth or sanitizer.
- Verbalize handwashing after the skill is completed and before documentation.
- Remain seated throughout the feeding.
- Provide privacy.
- Encourage the resident throughout the meal to consume as much as tolerated.
- Pick up supplies and dispose of them appropriately.
- Remove the clothing protector and leave the resident's mouth clean when feeding is complete.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".

Skill 8: Transfer Resident From Bed to Wheelchair Using Gait Belt (Pivot Technique)

Place the steps in order from 1 to 25.

- Apply non-slip footwear to the resident.
- Cue the resident before assisting them to stand.
- Stand the resident and complete the pivot transfer, without the resident taking steps to reach the wheelchair (using a gentle, smooth motion).
- Gather supplies.
- Lock the wheelchair before transferring the resident.
- Maintain proper body mechanics throughout the skill.
- Perform handwashing.

- Position yourself in front of the resident while bracing your legs, then hold the gait belt at the resident's sides throughout the transfer.
- Provide privacy.
- Apply a gait belt over clothing at waist level, leaving enough room for flat fingers to fit snugly under the belt.
- Knock, greet the resident by name, and introduce yourself.
- Position the wheelchair next to the bed with wheelchair legs back and footrests up.
- Leave the resident sitting in the wheelchair in proper body alignment with legs and feet supported by the wheelchair footrests.
- Provide safety measures throughout skill performance.
- Position the resident with their feet flat on the floor.
- Elevate the head of the bed and assist the resident to a dangling position without pulling on extremities, and ask if they are dizzy or light-headed.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Move the wheelchair to a locked, forward position.
- Remove the gait belt without causing shearing or friction.
- Ask the resident about any comfort, preferences, and/or needs.
- Return supplies.
- Reverse privacy measures.
- Verbalize handwashing.
- Provide privacy (second instance check).
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".

Skill 9: Reposition Resident to Supported Side-Lying Position

Place the steps in order from 1 to 17.

- Assist the resident to turn on their side and position the first pillow lengthwise between the shoulder blade and hip to prevent roll-back.
- Position the resident's upper and lower extremities to achieve proper alignment in preparation for the turn, ensuring privacy throughout the procedure.
- Perform handwashing.
- Position a third pillow lengthwise under the bent forward top leg, supporting the knee and ankle to prevent pressure on bony prominences.
- Provide privacy.
- Place a second pillow under the upper arm to support the shoulder, elbow, and wrist.
- Gather supplies and use a barrier on the bedside table.
- Knock, greet the resident by name, and introduce yourself.
- Position the resident a safe distance from the edge of the bed at all times.
- Reposition the pillow under the head to assure proper neck and shoulder alignment.
- Provide safety measures throughout skill performance.

- Provide an explanation to the resident of the care to be performed and obtain permission.
- Leave the resident in proper body alignment, with bony prominences protected.
- Ask the resident about any comfort, preferences, and/or needs, and remove and dispose of the barrier.
- Reverse privacy measures.
- Verbalize handwashing.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".