Clinical Nursing

Health Professions Event .....

Eligible Divisions: Secondary & Postsecondary / Collegiate	**Round 1:** 50 Q test in 60 minutes	**Digital Upload:** NO
Solo Event: 1 competitor	**Round 2**: Skill Demonstration	

New for 2025-2026
Editorial updates have been made.

TEXAS HOSA

Make sure to read TEXAS General Rules and Regulations for updated "Electronic Device Policies" and "Extended Stay Preparation".

Area Spring Leadership Conference

Round one online test for Area will be given in November. The top ten (10) competitors will advance to round two (2) in person at the Area Spring Leadership Conference. The top three (3) scores in each Area will advance to State.

Texas State Leadership Conference
A Round 1 written exam will be used to slate the top ten (10) competitors for Round 2. Both Round 1 and Round 2 for State will be in person Corpus Christi. The top three (3) scores from State will advance to ILC.

Event Summary
Clinical Nursing provides members with the opportunity to gain the knowledge and skills required in the nursing field. This competitive event consists of two rounds. Round One will be a written, multiple-choice test and top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.

Sponsorship
HOSA-Future Health Professionals appreciates the sponsorship of this event by the U.S. Army

Dress Code
Bonus points will be awarded for proper dress.
Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area
Round 2: Attire appropriate to the occupational area

Competitors must provide:

- A Photo ID for both rounds
- Non-latex gloves, gown, goggles or safety glasses, mask, eye shield or face guard
- Straight catheterization tray (disposable) Sample shown here
- Two #2 lead pencils (not mechanical) with eraser for the test.
- Sterile gloves

The expectation is that competitors read and are aware of all content within these guidelines and associated links. Successful competitors will study all links for detailed information.

HOSA Conference Staff will provide equipment and supplies as listed in Appendix I

General Rules

1. Competitors must be familiar with and adhere to the General Rules and Regulations.

2. Additional Opportunity:
   The HOSA Scholarship program has funding available for HOSA members who have an interest in nursing careers! The application process begins January 1, 2026 and can be found here: https://hosa.org/scholarships/

Official References

3. The references below are used in the development of test questions and skills rating sheets:
   a. Perry and Potter. *Clinical Nursing Skills and Techniques*. Elsevier Science/Mosby, Inc., Latest edition.
   b. Rosdahl and Kowalski. *Textbook of Basic Nursing*. Wolters Kluwer, Latest edition.

Round One Test

4. Test Instructions: The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.

5. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

6. **Written Test Plan**
   The test plan for Clinical Nursing is:
   - Basic Care - 20%
   - Clinical Care Through the Life Span - 20%
     - Maternal/Newborn
     - Pediatrics
     - Adulthood and Gerontology
     - Mental Health
     - Home Care, Extended Care, Rehabilitation, Hospice
   - Clinical Care for Systems Diseases and Disorders - 60%
     - Structure and Function
     - Signs and Symptoms
     - Nursing Assessment and Diagnosis
     - Pharmacology and Medication Management
     - Nutrition, Fluid and Electrolyte Balance
     - Medical and Surgical Treatments

7. **Sample Test Questions**
   1. When using reflective journaling to self-evaluate one's clinical skills, what does the letter "F" in the reflect mode represent? (Perry pp 13)
      A. Facts
      B. Feelings
      C. Focus
      D. Family

   2. A patient has just undergone a right nephrectomy. What are the signs and symptoms that indicate postoperative hemorrhaging and shock? (Rosdahl pp 818)
      A. Cyanosis, nausea, vomiting, and constricted pupils
      B. Even, unlabored respirations; tachycardia; hemoptysis
      C. Restlessness, confusion, increased urine output, and warm, dry skin
      D. Hypothermia; thready, rapid pulse; cold, clammy skin; hypotension

   3. What strategy may a nurse employ to reduce alarm fatigue in a care unit? (Perry pp 795)

A. Change pulse oximeter probes daily
B. Assign a nurse to be the alarm responder
C. Set alarm parameters for individuals according to unit policy
D. Change ECG electrodes every shift or earlier if unit policy recommends

Round Two Skills

8. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.

9. Round Two is a selected skill(s) performance. The Round Two skills approved for this event are:

Skill I-A:	Administer Medication Intramuscular	11 minutes
Skill I-B:	Administer Medication Subcutaneous	11 minutes
Skill I-C:	Administer Medication Intradermal	11 minutes
Skill II:	Inserting a Nasogastric Tube	15 minutes
Skill III:	Urethral Catheterization – Straight	15 minutes
Skill IV:	Performing a Sterile Wound Irrigation	14 minutes
Skill V:	Postmortem Care of the Body	10 minutes
Skill VI:	Assisting the Patient with Postoperative Exercises	8 minutes
Skill VII:	Prophylaxis for the Eyes of the Neonate	5 minutes
Skill VIII:	Donning & Doffing PPE	5 minutes

(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)

10. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. A sample scenario can be found here. Some scenarios may involve the combination of multiple skills. In the event rating sheets are combined it is not necessary to repeat a task a second time. An example would be competitors would not need to identify the patient twice

11. The scenario is a secret topic that includes the Physician's Orders for the skill(s) to be performed. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.

12. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to the patient's condition and will be included in the scenario or judge script.

Final Scoring

13. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.

14. Final rank is determined by adding the round one test score plus round two skill score. In case of a tie, the highest test score will be used to determine the rank.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill I-A: Administer Medication – Intramuscular (Time: 11 minutes)		*Possible*		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
2.	Prepared equipment and supplies (correct syringe and needle).	2	0	
3.	Verified medication administration record with physician's order.	2	0	
4.	Prepared medication a. Selected correct drug from stock supply by comparing against medication administration record.	2	0	
	b. Checked expiration date on medication.	2	0	
	c. Calculated drug dose as necessary. ***Judge verifies the calculations for points to be awarded.***	4	0	
5.	Placed vial on flat surface and removed cover from the vial.	1	0	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	1	0	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	1	0	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	1	0	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	1	0	
10.	Obtained correct amount of medication and removed the needle from the vial.	2	0	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed).	1	0	
12.	Changed needle if indicated.	1	0	
13.	Covered needle with safety sheath or cap.	1	0	
14.	Used sterile technique while filling syringe.	2	0	
15.	Greeted the patient and introduced self.	1	0	
16.	Identified patient by checking ID bracelet and asking patient's name.	2	0	
17.	Explained skill to patient.	2	0	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	1	0	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	2	0	

The expectation is that competitors read and are aware of all content within these guidelines and associated links. Successful competitors will study all links for detailed information.

Skill I-A: Administer Medication – Intramuscular (con't)		Possible	Awarded
20.	Assisted patient to comfortable position according to site selected.	1 0	
21.	Selected and inspected injection site using anatomical landmarks.	1 0	
22.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward for about 5 cm or 2 inches and allowed to dry.	2 0	
23.	Administer Medication Intramuscular		
	a. Pulled protective cap of needle off in a straight direction.	1 0	
	b. Held skin taut (unless muscle mass is small and needed to bunch skin) with non-dominant hand.	1 0	
	c. Held syringe between thumb and forefinger of dominant hand at a 90 degree angle to injection site.	1 0	
	d. Injected quickly at a 90 degree angle into muscle.	1 0	
	e. Released skin and grasped lower end of syringe barrel with non-dominant hand.	1 0	
	f. Aspirated by pulling back on plunger with dominant hand and if blood is seen-remove and prepare a new injection-(unless contraindicated such as vaccines or heparin).	1 0	
	g. Injected medication at a slow and steady rate.	1 0	
	h. Withdrew needle quickly at the same angle as insertion and gently applied alcohol swab or dry gauze over injection site.	1 0	
	i. Applied gentle pressure over injection site, without massaging.	1 0	
	j. Pulled the sheath over the safety syringe and twist until it locks.	1 0	
	k. Placed discarded, uncapped needle and attached safety syringe in a puncture- and leak-proof receptacle.	1 0	
	l. Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	2 0	
	m. Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	1 0	
24.	Recorded medication on MAR.	2 0	
25.	Recorded assessment in nurses notes as appropriate.	2 0	
26.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
27.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL I-A		**60**	
70% Mastery for Skill I-A = 42			

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill I-B: Administer Medication – Subcutaneous (Time: 11 minutes)		Possible		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2	0	
2.	Prepared equipment and supplies (correct syringe and needle).	2	0	
3.	Verified medication administration record with physician's order.	2	0	
4.	Prepared medication: a. Selected correct drug from stock supply by comparing against medication administration record.	2	0	
	b. Checked expiration date on medication.	2	0	
	c. Calculated drug dose as necessary. ***Judge verifies the calculations for points to be awarded.***	4	0	
5.	Placed vial on flat surface and removed cover from the vial.	1	0	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	1	0	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	1	0	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	1	0	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	1	0	
10.	Obtained correct amount of medication and removed the needle from the vial.	2	0	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed),	1	0	
12.	Changed needle if indicated.	1	0	
13.	Covered needle with safety sheath or cap.	1	0	
14.	Used sterile technique while filling syringe.	2	0	
15.	Greeted the patient and introduced self.	1	0	
16.	Identified patient by checking ID bracelet and asking patient name.	2	0	

Skill I-B Administer Medication – Subcutaneous (con't)		Possible		Awarded
17.	Explained skill to patient.	2	0	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	1	0	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	2	0	
20.	Assisted patient to comfortable position according to site selected.	1	0	
21.	Instructed patient to relax arm, leg or abdomen depending on site selected.	1	0	
22.	Selected and inspected injection site using anatomical landmarks.	1	0	
23.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward for about 5 cm or 2 inches and allowed to dry.	2	0	
24.	Administer Medication Subcutaneous a. Pulled protective cap of needle off in a straight direction.	1	0	
	b. Held skin across or pinched skin at selected site with non-dominant hand.	1	0	
	c. Held syringe between thumb and forefinger of dominant hand at a 45-to-90-degree angle to injection site.	1	0	
	d. Injected quickly at a 45-to-90-degree angle into adipose tissue.	1	0	
	e. Released skin and grasped lower end of syringe barrel with non-dominant hand.	1	0	
	f. Injected medication at a slow and steady rate.	1	0	
	g. Withdrew needle at the same angle it was inserted and gently applied alcohol swab or dry gauze over injection site.	1	0	
	h. Applied gentle pressure over injection site, without massaging.	1	0	
	i. Discarded uncapped needle and attached syringe in a puncture- and leak-proof receptacle.	1	0	
	j. Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	2	0	
	k Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	1	0	
25.	Recorded medication on MAR.	2	0	
26.	Recorded assessment in nurses notes as appropriate.	2	0	
27.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
28.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL I-B **70% Mastery for Skill I-B = 41.3**		**59**		

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill I-C: Administer Medication – Intradermal (Time: 11 minutes)		Possible		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2	0	
2.	Prepared equipment and supplies (correct syringe and needle).	2	0	
3.	Verified medication administration record with physician's order.	2	0	
4.	Prepared medication a. Selected correct drug from stock supply by comparing against medication administration record.	2	0	
	b. Checked expiration date on medication.	2	0	
	c. Calculated drug dose as necessary. ***Judge verifies the calculations for points to be awarded.***	4	0	
5.	Placed vial on flat surface and removed cover from the vial.	1	0	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	1	0	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	1	0	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	1	0	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	1	0	
10.	Obtained correct amount of medication and removed the needle from the vial.	2	0	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed),	1	0	
12.	Changed needle if indicated.	1	0	
13.	Covered needle with safety sheath or cap.	1	0	
14.	Used sterile technique while filling syringe.	2	0	
15.	Greeted the patient and introduced self.	1	0	
16.	Identified patient by checking ID bracelet and asking patient name.	2	0	
17.	Explained skill to patient.	2	0	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	1	0	

Skill I-C: Administer Medication – Intradermal (con't)			Possible		Awarded
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.		2	0	
20.	Assisted patient to comfortable position according to site selected.		1	0	
21.	Selected appropriate site – 3 to 4 finger widths below antecubital space and one hand width above wrist.		1	0	
22.	Instructed patient to extend elbow and support elbow and forearm.		1	0	
23.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward 5 cm to 2 inches and allowed to dry.		2	0	
24.	Administer Medication Intradermal:		1	0	
	a.	Pulled protective cap of needle off in a straight direction.			
	b.	With nondominant hand stretched skin across site with forefinger or thumb.	1	0	
	c.	With needle against patient's skin insert needle slowly at 5 to 15 degree angle with bevel up; until resistance is felt. Advance through epidermis (bulge of needle tip evident through skin).	1	0	
	d.	Injected medications slowly.	1	0	
	e.	Noted small bleb appeared on skin.	1	0	
	f.	Withdrew needle at the same angle as inserted and gently applied alcohol swab or dry gauze over injection site. DO NOT MASSAGE.	1	0	
	g.	Discarded uncapped needle and attached syringe in a puncture- and leak-proof receptacle.	2	0	
	h.	Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	2	0	
	i	Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	1	0	
25.	Recorded medication on MAR.		2	0	
26.	Recorded assessment in nurses notes as appropriate.		2	0	
27.	Used appropriate verbal and nonverbal communication with patient and other personnel.		2	0	
28.	Practiced standard precautions throughout skill.		2	0	
TOTAL POINTS -- SKILL I-C **70% Mastery for Skill I-C = 40.6**			**58**		

Competitor ID # _____

Medication Administration Record

Patient:_____ Physician: _____ Year :_____
Allergies: _____ Admission Date: _____ ID # _____

Standing Orders	*Times*	Date						
		/	/	/	/	/	/	/
PRN Medications – Write the date, time given and initials inside the box for each dosage given.								

Name _____ Signature _____ Initials: _____

Name _____ Signature _____ Initials: _____

Name _____ Signature _____ Initials: _____

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill II Inserting a Nasogastric Tube (Time: 15 minutes)		Possible		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2	0	
2.	Checked physician's order (scenario) for type, size and purpose of tube.	2	0	
3.	Assembled equipment and supplies.	1	0	
4.	Set up tube feeding or suction equipment (based on scenario) and tested to make sure functioning properly.	1	0	
5.	Greeted patient and introduced self.	1	0	
6.	Located two identifiers to confirm patient.	2	0	
7.	Explained skill to patient and the purpose.	2	0	
8.	Obtained privacy.	1	0	
9.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
10.	Put on nonsterile gloves.	2	0	
11.	Placed patient in a full Fowler position if not contraindicated.	1	0	
12.	Placed towel over the client's chest in bib-type protection	1	0	
13.	Measured tubing length: a. First measurement made from the tip of the patient's nose to the earlobe.	1	0	
	b. Second measurement made from above point on earlobe to the xiphoid process.	1	0	
	c. Marked the spot with a small piece of temporary tape.	1	0	
14.	Used a damp washcloth without soap to wipe the patient's face and nose. ***Judge will state, "nose requires or does not require cleansing with an alcohol pad".***	1	0	
15.	Placed dry cloth over the patient's eyes and cleaned the nose with an alcohol wipe.	1	0	
16.	Test for Nares Obstruction: a. Tested the nares for obstruction by closing one nostril and then the other and asked the patient if difficulty breathing is experienced. ***Judge will state, "nares unobstructed or left/right nostril obstructed".***	1	0	
	b. If obstruction present, used unobstructed nostril for insertion.	1	0	
17.	Applied water-soluble lubricant to 4 to 8 inches of the tube.	1	0	
18.	Flexed the head forward and tilted the tip of the nose upward and inserted tube gently into the nose to as far as the back of the throat.	1	0	

Skill II	Inserting a Nasogastric Tube (con't)	Possible	Awarded
19.	When the tube reaches the nasopharynx, stopped and instructed patient to lower their head slightly.	1 0	
20.	Had patient lower their head, asked patient to hold glass of water with a straw while keeping an emesis basin and tissue available.	1 0	
21.	Instructed patient to breathe through their mouth while tube is inserted.	1 0	
22.	Asked patient to swallow as the tube is advanced, and advanced tube each time patient swallowed until the marked part of the tube is reached.	1 0	
23.	***Judge will ask competitor, "what would you do if coughing, persistent gagging, cyanosis or dyspnea are noted?*** Competitor verbalized that tube would be removed immediately and insertion attempted using other nostril.	2 0	
24.	When tubing reaches marked insertion point placed a temporary piece of tape across the nose and tube.	1 0	
25.	Checked the back of the patient's throat to make sure that tubing is not curled in the back of the throat with use of tongue blade and flashlight. ***Judge will state, "confirmation of correct placement by x-ray"***	1 0	
26.	Used prepared tape strips to secure tubing.	1 0	
27.	Secured tubing to the patient's gown by using rubber band and safety pin.	1 0	
28.	Ensured comfort and safety of patient.	1 0	
29.	Disposed of materials properly.	2 0	
30.	Removed gloves and disposed of gloves.	2 0	
31.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
32.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
33.	Practiced standard precautions throughout skill.	2 0	
34.	Documented and reported procedure and findings.	2 0	
TOTAL POINTS -- SKILL II **70% Mastery for Skill II = 35**		**50**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill III: Urinary Catheterization – Straight (Time: 15 minutes)		Possible	Awarded
1.	Washed hands or use alcohol-based handrub for hand hygiene and applied gloves.	2 0	
2.	Assembled equipment and supplies.	1 0	
3.	Checked physician's order (scenario).	2 0	
4.	Greeted patient and introduced self.	1 0	
5.	Identified patient by checking ID band and asking patient name.	2 0	
6.	Assessed status of patient to determine equipment needs, level of cooperation and mobility.	1 0	
7.	Determined if client is allergic to any antiseptic, such as Betadine, or latex.	2 0	
8.	Explained skill to patient and provided privacy.	2 0	
9.	Raised bed to working height and lowered side rail on working side. (As appropriate)	1 0	
10.	Positioned patient: Male – supine position with thighs slightly abducted. Female – supine position with feet apart and knees flexed.	1 0	
11.	Placed waterproof pad under the patient and draped patient with a sheet as appropriate.	1 0	
12.	Positioned light or other light source (held by assistant) to illuminate perineal area (if applicable).	1 0	
13.	Applied clean gloves.	2 0	
14.	Cleaned perineal area with soap, water, rinsed and dried.	2 0	
15.	Used fingers to retract tissue for examining patient and identifying urinary meatus.	1 0	
16.	Removed and discarded gloves.	2 0	
17.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
18.	Prepared biohazard bag for discarding used materials.	2 0	
19.	Prepare Catheterization Kit: a. Opened catheterization kit according to directions	1 0	
20.	Put on sterile gloves.	2 0	
21.	Draped perineum/penis while maintaining sterility of gloves and working surface of drape.	2 0	

Skill III		Urinary Catheterization – Straight (con't)	Possible		Awarded
22.		Organized supplies on sterile field and opened specimen container (if applicable).	2	0	
23.		Applied antiseptic solution to cotton balls or opened cleansing solution or swabs.	2	0	
24.		Opened lubricant container and lubricated catheter; 1-2 inches for women and 5-7 inches for men.	2	0	
25 **Male**	a.	Grasped penis at shaft below glans with non-dominant hand, and continued to hold throughout insertion of catheter.	1	0	
	b.	With other hand, used forceps holding cotton ball with antiseptic solution, or swabs, to cleanse meatus in circular motion.	2	0	
	c.	Repeated cleansing three times using a clean cotton ball or swab for each cleaning.	2	0	
Female	a.	Spread labia minora with thumb and index finger of non-dominant hand to expose meatus; continued to hold throughout skill.	1	0	
	b.	Cleansed area with forceps holding cotton ball with antiseptic solution, or swabs, from clitoris toward anus on far side of meatus in one downward motion, then repeated on the near side and third directly over the center of the urethral meatus toward the anus in one downward motion.	2	0	
	c.	Used a clean cotton ball or swab for each area cleaned.	2	0	
26.		Picked up catheter with gloved dominant hand 3-4 inches from catheter tip, holding catheter loosely coiled in palm of dominant hand (if appropriate) and placing distal end of catheter in urine tray receptacle or specimen cup (if appropriate).	1	0	
27.		Asked patient to bear down gently as if to void.	1	0	
28.		Inserted catheter gently; 2-3 inches in female and 7-9 inches in male, or until urine flows out of catheter's end, collecting specimen as needed or allowing bladder to empty fully.	2	0	
29.		With dominant hand, withdrew catheter slowly and smoothly.	1	0	
30.		Removed drape and washed/dried perineum as needed.	1	0	
31.		Disposed of equipment, linen and used materials.	2	0	
32.		Removed and disposed of gloves.	2	0	
33.		Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
34.		Practiced standard precautions throughout skill.	2	0	

Skill III Urinary Catheterization – Straight (con't)	Possible	Awarded
35. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
36. Documented skill and patient's tolerance in nurse's notes.	2 0	
TOTAL POINTS – SKILL III **70% Mastery for Skill III = 43.4**	**62**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill IV: Performing a Sterile Wound Irrigation (Time: 14 minutes)		Possible	Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2 0	
2.	Checked physician's order (scenario).	2 0	
3.	Assembled equipment and supplies.	1 0	
4.	Greeted patient and introduced self.	1 0	
5.	Located two identifiers to confirm patient.	2 0	
6.	Explained skill to patient and the purpose.	2 0	
7.	Obtained privacy.	1 0	
8.	Put on gloves and eye shield or face guard.	2 0	
9.	Positioned patient so the solution will run from the upper end of the wound downward.	1 0	
10.	Placed the waterproof bed pad and clean basin or irrigating pouch under the area to be irrigated.	1 0	
11.	Draped the patient with a bath blanket exposing only the wound.	1 0	
12.	Removed the used dressing and discarded.	1 0	
13.	Discarded used gloves.	2 0	
14.	Repeated alcohol-based handrub for hand hygiene.	2 0	
15.	Irrigation Tray: a. Opened irrigation tray, using sterile technique.	2 0	
	b. Opened the irrigation solutions and placed on table, with the inside facing upward.	1 0	
	c. Poured solution from supply bottle into irrigation bottle. If the solution was previously used poured off a small amount of solution into the trash receptacle.	1 0	
	d. Left the cover off of the irrigation supply bottle with the inside cover pointing upward.	1 0	
	e. Placed the bottle close to the client on the overbed table. Dated and initialed the bottle after opening including client name and ID number.	2 0	
16.	Opened the sterile dressing and put on sterile gloves.	2 0	
17.	Prepared the inside of the irrigation tray and placed the irrigation syringe in the bottle.	1 0	
18.	Prepared other items needed for the dressing change and irrigation.	2 0	

Skill IV Performing a Sterile Wound Irrigation (con't)		Possible	Awarded
19.	Assessed the amount and character of drainage and the size and condition of the wound and surrounding tissue.	1 0	
20.	Drew up solution into the syringe.	1 0	
21.	Irrigation: a. Held the syringe just above the wound's top edge and forced fluid into the wound slowly and continuously.	1 0	
	b. Used sufficient force to flush out debris but did not squirt or splash fluid.	1 0	
	c. Irrigated all portions of the wound but did not force solution into wound's pockets.	1 0	
	d. Continued irrigating until solution draining from bottom end of wound is clear.	1 0	
22.	Used sterile 4 x 4 pads, gently patted dry the wound's edges working from the cleanest to the most contaminated area.	2 0	
23.	Applied sterile dressing as ordered.	2 0	
24.	Removed PPE and irrigation supplies and disposed of properly.	2 0	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
26.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
27.	Practiced standard precautions throughout skill.	2 0	
28.	Documented and reported procedure and findings.	2 0	
TOTAL POINTS -- SKILL IV **70% Mastery for Skill IV = 37.1**		**53**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill V: Postmortem Care of the Body (Time: 10 minutes)		Possible		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2	0	
2.	Checked physician's order (scenario).	2	0	
3.	Assembled equipment and supplies.	1	0	
4.	Donned one or two pairs of gloves.	2	0	
5.	Donned protective gown.	2	0	
6.	Located two identifiers to confirm patient.	2	0	
7.	Straightened the body and placed small pillow behind the head.	1	0	
8.	If the person's eyes are to be donated, closed them and placed small ice pack on each eye. If not, verbalize for the judge that eyes are not to be donated.	1	0	
9.	Removed any jewelry and other belongings and placed in the client property bag and documented.	1	0	
10.	Closed the patient's mouth by placing a chin strap or rolled towel under the chin.	1	0	
11.	Removed all intravenous lines, monitors and other equipment unless ordered otherwise.	1	0	
12.	Removed all linens except for the sheet that covers patient.	1	0	
13.	Bathed any part of the body that has been soiled with discharge.	1	0	
14.	Placed a clean incontinence pad under the patient.	1	0	
15.	Removed any soiled dressings and disposed of properly.	1	0	
16.	Applied clean dressing as needed.	1	0	
17.	Padded the wrist and ankles with gauze squares.	1	0	
18.	Labeled dentures or glasses if present for funeral home staff.	1	0	
19.	Attached identification tags to the body: a. one tied to the foot at the right great toe.	1	0	
	b. one tied on the hand or wrist.	1	0	
20.	Attached one identification tag to the covering sheet.	2	0	
21.	Used zippered bag to enclose the body.	1	0	
22.	If patient had a known communicable disease noted on the zippered bag.	2	0	
23.	Removed and disposed of PPE.	2	0	

Skill V Postmortem Care of the Body (con't)		Possible	Awarded
24.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
25.	Practiced standard precautions throughout skill.	2 0	
26.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
27.	Documented and reported procedure.	2 0	
TOTAL POINTS -- SKILL V **70% Mastery for Skill V = 28**		**40**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill VI: Assisting Patient with Postoperative Exercises (Time: 8 minutes)	Possible	Awarded
1. Washed hands or used alcohol-based handrub for hand hygiene	2 0	
2. Checked physician's order (scenario)	2 0	
3. Assembled equipment and supplies.	1 0	
4. Greeted patient and introduced self.	1 0	
5. Locate two identifiers to confirm patient.	2 0	
6. Explained skill to patient and the purpose.	2 0	
7. Obtained privacy.	1 0	
8. Put on gloves if evidence of any open drainage.	2 0	
9. Splinting an incision: a. Used a pillow, folded bath blanket or large towel as a splint to distribute pressure evenly across the incision.	1 0	
b. Assisted by holding the splint in the first preoperative days (per scenario).	1 0	
c. Grasped the pillow or blanket at the edges and stretched across the client's incision.	1 0	
d. Applied pressure firmly by pushing down on the splint for patient in the bed and pulled splint toward you from behind for the seated patient as the patient coughs.	1 0	
10. Turning Coughing, and Deep Breathing (TCDB): a. Instructed the patient to take a deep breath and hold it for 2 to 5 seconds.	1 0	
b. Instructed the patient to do a double cough with the mouth open.	1 0	
c. Verbalized the process would be repeated several times each hour.	1 0	
11. Huffing: a. Instructed patient to take a deep abdominal breath and then force air out in several short, quick breaths.	1 0	
b. Instructed patient to take a second, deeper breath and force out in short, panting movements.	1 0	
c. Instructed patient to take an even deeper breath and exhale quickly in strong huff.	1 0	
d. Instructed the patient to repeat the series of breaths as ordered (scenario).	1 0	

Skill VI Assisting Patient with Postoperative Exercises (con't)	Possible	Awarded
12. Using Incentive Spirometer: a. Positioned the patient as upright as possible without causing discomfort.	1 0	
b. Explained the operation of the spirometer to the patient.	1 0	
c. Set goal based on number of seconds or specific volume based on physician's order (scenario).	1 0	
d. Instructed patient to cough to remove as much mucus as possible before treatment.	1 0	
e. Instructed the patient to take slow, deep breaths and hold each breath at the end of inspiration for 2 to 5 seconds.	1 0	
f. Repeated the procedure until patient has achieved established goal or has given best effort at least 8 to 10 times.	1 0	
13. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14. Removed soiled gloves and disposed of properly.	2 0	
15. Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
16. Practiced standard precautions throughout skill.	2 0	
17. Documented and reported procedure and findings.	2 0	
TOTAL POINTS -- SKILL VI **70% Mastery for Skill VI = 28**	**40**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill VII: Prophylaxis for the Eyes of the Neonate (Time: 5 minutes)		Possible	Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2 0	
2.	Applied nonlatex gloves.	2 0	
3.	Assembled equipment and supplies.	1 0	
4.	Cleaned over the baby's closed eyelids and surrounding area with sterile cotton balls moistened with sterile water.	2 0	
5.	Dried area with soft, sterile gauze.	2 0	
6.	Stabilized the baby's head.	2 0	
7.	Shaded the eyes from overhead lighting.	2 0	
8.	Gently separated the lids of one eye by pressing on the lower and upper lids.	2 0	
9.	Placed a thin 1– to 2-cm line of Erythromycin Ophthalmic Ointment along the conjunctival sac.	2 0	
10.	Moved from the inner canthus to the outer canthus.	2 0	
11.	Did not touch the eyelid or eyeball.	2 0	
12.	Discarded used ointment.	2 0	
13.	Repeated steps 6- 12 for the other eye.	14 0	
14.	Verbalized closed first eye and counted to 5.	2 0	
15.	Manipulated eyelid carefully.	2 0	
16.	After 1 minute, gently wiped excess ointment from eyelid and surrounding skin with sterile water.	2 0	
17.	Repeated steps 14 – 16 for the other eye.	6 0	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
19.	Removed soiled gloves and disposed of properly.	2 0	
20.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
21.	Practiced standard precautions throughout skill.	2 0	
22.	Documented and reported procedure and findings.	2 0	
TOTAL POINTS -- SKILL VII **70% Mastery for Skill VII = 41.3**		**59**	

CLINICAL NURSING

Section # _____ Division: _____ SS _____PS/C
Competitor # _____ Judge's Signature _____

Skill VIII: Donning & Doffing PPE (Time: 5 minutes)	Possible	Awarded
1. Washed hands or used alcohol-based handrub for hand hygiene	2 0	
2. DONNING: Applied gown. a. Gown fully covered torso from neck to knees and from arms to end of wrist, and wraps around the back to cover all outer garments.	2 0	
b. Pulled sleeves down to wrist.	2 0	
c. Secured by tying at neck and waist.	2 0	
3. Applied mask. a. Secured ties or elastic bands at middle of head and neck.	2 0	
b. Fitted flexible band to nose bridge.	2 0	
4. Eyewear or Goggles a. Applied snuggly around face and eyes.	2 0	
5. Applied clean gloves. **** Judge states, skill is completed, remove PPE.***	2 0	
6. DOFFING: Removed gloves a. Removed one glove by grasping cuff and pulling glove inside out over hand.	2 0	
b. Held removed glove in gloved hand.	2 0	
c. Slid fingers of ungloved hand under remaining glove at wrist.	2 0	
d. Peeled glove off over first glove.	2 0	
e. Discarded gloves in proper waste container.	2 0	
7. Removed eyewear or goggles. a. Removed by handling by headband or earpieces.	2 0	
b. Discarded appropriately.	2 0	
8. Removed gown. a. Untied neck strings and then united back strings of gown.	2 0	
b. Allowed gown to fall from shoulders touching inside of gown only.	2 0	

Skill VIII: Donning & Doffing PPE (con't)	Possible	Awarded
9. Removed mask. a. If secures over ears, removed elastic from ears and pulled away from face OR for tie-on mask untied bottom mask strings and then top strings and pulled away from face.	2 0	
b. Did not touch outer surface of mask.	2 0	
c. Discarded mask in proper waste container.	2 0	
10. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11. Removed soiled gloves and disposed of properly.	2 0	
12. Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
13. Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL VIII **70% Mastery for Skill VIII = 33.6**	**48**	

Competitor ID # _____

HOSA HOSPITAL
Nurses' Notes

Date	Time	Notes