

WHAT TO EXPECT DURING YOUR SKILLS TEST

1. Turn off (“power-down”) your cell phone now. 2. Read this information carefully. 3. If you have questions, please ask.

Welcome to your State Competency Exam! During the **registration** process, we need to maintain a quiet environment to focus on completing paperwork correctly, so please keep your voices down. After registration, there will be a brief **orientation**, to answer questions you may have. After orientation, **two groups** may be formed. One group will follow the Charge Nurse to complete the **skills test**, while the other group remains with the Proctor to complete the **written test**. There may be a **waiting period between tests**. The Charge Nurse will instruct **each group** to remain in a **designated waiting area**. Thank You for your cooperation.

We understand that test-taking can be stressful for some. Feeling nervous is completely normal. Please, take a deep breath and try your best to relax today.

Breaks / Lunch:

The schedule does not allow for a formal break time or lunch time, and leaving the building is **not** permitted.

Feel free to eat or snack during **any waiting period** (in the areas designated by the Charge Nurse or Proctor).

No eating or snacking in Written Test Room, while the test is in progress. No eating or snacking at any time in Skills Test Room.

You can keep your water bottle at all times.

You will be evaluated on your demonstration of the following:

1. **Handwashing** – You will actually demonstrate at a real sink, using soap and water.
2. One (1) **Station A Skill – Personal Care**
3. One (1) **Station B Skill – Vital Signs, Measurements, or Isolation**
4. One (1) **Station C Skill – Positioning, Transferring, Restorative Care, or Bed-making**
5. Your overall demonstration of the **Six Principles of Care** at Stations A, B, and C
Infection Control – Privacy – Safety – Dignity – Independence – Communication

When you arrive at Station A, Station B, and Station C:

- You will see the supply area, the resident’s room and doorway, and the **SIGNS** posted on the wall:
NAME OF STATION (Station A, Station B, or Station C) – SINK – CURTAIN – THE SIX PRINCIPLES OF CARE – SUPPLY AREA
- The **SINK** sign is a reminder that a sink is present. You can **verbalize** handwashing, but you also need to **USE HAND SANITIZER**.
- The **CURTAIN** sign is a reminder that a curtain is present. You can **verbalize** the closing and opening of the curtain.
- The **SIX PRINCIPLES OF CARE** sign is a reminder that **all Six (6) Principles** must be demonstrated at **Stations A, B, and C**.
- The **SUPPLY AREA** sign is a reminder that **ALL** supplies are located outside of the resident’s room.
- You will **select one card** from a group of cards that have been placed **face-down**.
- You will **read the information** printed on the card: **the skill number, the skill name, and the skill scenario (story)**.
- The last words printed on the card are: “You may begin/start now” or “You may begin/your time starts now.” At this point, you will start your skill demonstration.
- Your skill card will remain **face-up** and **you may look at the card at any time during your skill demonstration**.