



RESIDENT ADL CARE

Event Specifications

FRESNO CITY COLLEGE EVENT CONTACT For any specific event questions, please contact:	
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SCOPE OF CONTEST

Contestants will demonstrate their knowledge of basic patient care through various skills evaluation stations and a written test.

NUMBER OF COMPETITORS

Individual event, limited to 60 competitors.

Fresno ROP reserves the right to modify enrollment due to limited spaces available.

RULES AND PROCEDURES

1. Written test on Resident ADL CARE
2. Demonstrate skills in hand washing, isolation gowns and ROM exercise of right arm, wrist and hand

JUDGING CRITERIA

1. 20 questions written test
2. Hand washing
3. Isolation gowning and gloving
4. ROM exercises on right arm, wrist and hand

EQUIPMENT AND MATERIALS

1. Supplied by the Career Skills Challenge:
 - a. All materials needed for skills and written test

DRESS CODE

Students may dress in full school uniform or scrubs.

CAREER SKILLS CHALLENGE

SCORE SHEET

RESIDENT ADL CARE

Student Name: _____ School/District: _____

	Possible Points	Points Scored	Comments
Written Test	50		
Isolation gowns with gloves	25		
1. Student must state he or she washed hands.	2		
2. Don gown by sliding arms through armholes, keeping gown in open in back.	2		
3. Fasten ties at back of neck and at waist.	2		
4. Don gloves, pull gloves up over gown cuffs.	2		
5. Remove gloves by grasping the cuff on the palm side of the right hand, pull glove down toward the fingers of the right hand. Remove glove only part way.	3		
6. Using fingers of right hand, take glove off of left and by pulling it inside-out and rolling it into a ball, without touching bare left hand.	2		
7. With bare left hand, grasp glove on right hand, touching only the clean inside of the glove, remove glove by pulling it down so that the left-hand glove is now inside the right hand glove. Throw away gloves.	3		
8. Untie gown. Pull off one gown sleeve by slipping fingers under the cuff and the sleeve just over fingertips.	2		
9. Grasp other sleeve with the covered hand. Continue holding that sleeve in covered hand. Grasp the inside of the first shoulder of the gown with uncovered hand and pull gown off and turn it inside out.	3		
10. Fold outer, contaminated surface inward and roll up the gown. Throw away.	2		
11. Student states he or she washed hands.	2		
ROM right arm	50		
1. Student states he or she washed hands.	5		
2. No gloves required for this exercise.	NA		
3. Student communicates with resident about ROM to right arm.	5		
4. Student correctly provides joint support.	5		
5. Student correctly performs 4 arm movements.	10		
6. Student correctly performs 3 wrist movements.	10		
7. Student correctly performs 3 finger movements.	10		
8. Student states he or she washed hands.	5		
Hand washing	25		
1. Turn on faucet and wet hands in a downward position.	4		
2. Lather with soap and rub in a circle for 15 seconds.	5		
3. Wash between fingers and under fingernails and wrist area.	5		
4. Rinse off soap with hands in a downward position.	5		
5. Pat dry with a paper towel then toss towel.	3		
6. Use clean towel to turn off faucet.	3		
TOTAL	150		

*Tiebreaker – Students will answer 2 extra questions for a tiebreaker.

Please distribute evaluation copies to:

Contestant
White

Event Manager
Yellow