

Wilkes-Barre Area Career and Technical Center
2010-2011 Skills USA District Competition
Nursing Assistant

The Contestant will demonstrate the ability to perform the following:

1. Aseptic Hand Washing
2. Measure and Record Oral Temperature, Pulse, and Respiration
3. Transfer of a patient with disability from bed to wheelchair and back to bed
4. Make an unoccupied bed with mitered corners
5. Administer a Complete Bed Bath

A **written exam** will be administered consisting of general knowledge of disease process and patient care.

CONTESTANT WILL SUPPLY OWN:

1. Pen (Black Ink)
2. Pencils (#2)
3. Watch with second hand
4. Linens (2 flat sheets, 1 draw sheet, 1 incontinence pad (optional), 1 blanket, 1 pillowcase, 1 bath blanket, 3-4 bath towels, 3-4 washcloths)
5. Alcohol wipes
6. Nail Brush and Cuticle Stick
7. Bath basin, soap, soap holder, nail stick, file (optional)

Supplied by Hosting School:

1. All other instruments and equipment to complete each task in contest.
2. All necessary information and furnishings for judges and technical committee.

CLOTHING REQUIREMENT: Regulation medical uniform of the career and technical school represente, as per school guidelines.

Time: Written Exam: 30 minutes
Practical Exam: 2 Hours (Note: contestants will have 10 min. to make an Unoccupied bed)

Wilkes-Barre Area Career and Technical Center
2010-2011 Skills USA District Competition
Nursing Assisting Sample Questions

1. Your resident's rectal temperature is 101.6 degrees F. What is the oral equivalent of this reading?

 - a. 100.6
 - b. 102.3
 - c. 99.6
 - d. 98.3

2. Your resident consumed 4 oz. coffee, 4 oz. milk, and 8 oz. of soup at lunch. How many milliliters of fluid did the resident take in at lunch? _____
 - a. 320 ml.
 - b. 480 ml.
 - c. 240 ml.
 - d. 160 ml.

3. Your diabetic resident has a fruity odor to his breath, and is complaining of feeling extremely tired and thirsty, and has urinated frequently in the last few hours. These are signs and symptoms of what illness? _____
 - a. Hyperthyroidism
 - b. Hypotension
 - c. Hypoglycemia
 - d. Hyperglycemia

4. For which of the following diseases is a healthcare facility obligated to offer a vaccine? _____
 - a. AIDS
 - b. Tuberculosis
 - c. Hepatitis C
 - d. Hepatitis B

5. What is the medical term for "paralysis of the lower half of the body"? _____
 - a. hemiplegia
 - b. paraplegia
 - c. quadriplegia
 - d. quadriparalysis

Wilkes-Barre Area Career and Technical Center
2010-2011 Skills USA District Competition
Medical Assistant

The Contestant will demonstrate the ability to perform the following:

1. Aseptic Hand Washing
2. Measure and Record Oral Temperature, Pulse, Respiration, and Blood Pressure
3. Apply and Remove a Pair of Sterile Glove
4. Obtain a History and Physical
5. Position and drape patient for various examinations

A written exam will be administered consisting of general knowledge of disease process and patient care.

CONTESTANT WILL SUPPLY OWN:

1. Pen (Black Ink and Red Ink)
2. Pencils (#2)
3. Watch with second hand
4. Sterile Gloves
5. Alcohol wipes
6. Bath Blanket or Drapes (1-2)
7. Nail Brush and Cuticle Stick

Supplied by Hosting School:

1. All other instruments and equipment to complete each task in contest.
2. All necessary information and furnishings for judges and technical committee.

CLOTHING REQUIREMENT: Regulation medical uniform of the career and technical center represented, as per school guidelines.

Time: Written Exam: 30 minutes
 Practical Exam: 2 Hours

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2010-2011 Skills USA District Competition
Medical Assistant Sample Questions

1. The *Glomerulus* is a cluster of capillaries found in which organ?
 - a. Brain
 - b. Heart
 - c. Liver
 - d. Kidney

2. Your patient is farsighted due to loss of lens elasticity and as a result of normal aging process.
 - a. Glaucoma
 - b. Strabismus
 - c. Presbyopia
 - d. Astigmatism

3. Your patient weighs 28 kg., how many lbs. does the patient weigh?
 - a. 62 lbs.
 - b. 58 lbs.
 - c. 66 lbs.
 - d. 74 lbs.

4. The position used to examine the back is:
 - a. Horizontal recumbent
 - b. Sim's
 - c. Dorsal recumbent
 - d. Prone

5. Which of the following abbreviations indicates "both eyes"?
 - a. OS
 - b. OD
 - c. OB
 - d. OU

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Medical Mathematics

The Contestant will demonstrate the ability to perform the following:

A written multiple choice exam consisting of ratio/proportions, dosage calculation, metric and household equivalents, roman numerals, abbreviations and general math including percentage.

CONTESTANT WILL SUPPLY OWN:

1. Pencils (#2)
2. Pens (Black ink)

“NOTE: CONTESTANTS WILL BE GIVEN SCRATCH PAPER AT COMPETITION”

CLOTHING REQUIREMENT: Official Skills USA Uniform (Red Blazer, White Shirt, Black Pants/Skirt, Black Shoes, Black Tie for Men) or Regulation medical uniform of the career and technical center represented, as per school guidelines.

Time: 1 hour

Wilkes-Barre Area Career and Technical Center
2010-2011 Skills USA District Competition
Health Knowledge Bowl

Competition Rules:

1. This event will not be open to observers.
2. No notes or reference materials of any kind will be permitted.
3. The contest will consist of 4 Quarters consisting of 12 Questions per quarter.
4. A break will be announced at the end of each Quarter (Note: at no time will contestants be allowed to speak with advisors during contest).
5. A balanced number of Questions will be selected from each category.
6. Questions are found on-line under Skills USA Health Knowledge Bowl

CLOTHING REQUIREMENT: Official Skills USA Uniform (Red Blazer, White Shirt, Black Pants/Skirt, Black Shoes, Black Tie for Men) or Business Attire

CONTESTANT WILL SUPPLY OWN:

1. Pens, Pencils, and Black Markers (four to six of each)
2. 60 sheets of 8 ½" x 11" white blank paper
3. 8 ½ " x 11" blank colored paper to use as scratch paper
4. Calculator

Wilkes-Barre Area Career and Technical Center
2010-2011 Skills USA District Competition
Basic Health Care Skills

The Contestants will demonstrate the ability to perform:

1. Academic Foundation consisting of identification of the human anatomy
2. Communication Skills by acting out a scenario with a resident
3. Career Opportunity Concepts and Systems by taking a short written exam on different careers in health care.
4. Employability and Teamwork consisting of filling out an application and completing an interview
5. Ethical and Legal Issues will consist of a short written exam
6. Safety Practices will consist of identifying safety issues in a resident's room

CONTESTANT WILL SUPPLY OWN:

1. Pencils/Pens (#2, Black ink)

CLOTHING REQUIREMENT: Regulation medical uniform of the career and technical center represented as per school guidelines.

Time:

- 15 min. to complete written exam on Career Opportunity Concepts and Systems
- 15 min. to complete written exam on Ethical/Legal Issues
- 10 min. to identify Safety Issues with a Resident's room
- 30 min. to complete an application and interview
- 20 min. to identify Human Anatomy
- 20 min. to complete scenario of Communicating with a resident