Prerequisite Skills Review

and Validation

Prerequisite Skills Review and Validation

Objectives

1. Demonstrate correct technique in obtaining and recording a blood pressure.
2. Demonstrate correct technique in obtaining and recording a radial and apical pulse.
3. Demonstrate correct technique in obtaining and recording a respiratory rate.
4. Demonstrate correct technique in obtaining a temperature.
5. Demonstrate correct technique with assisted glucose monitoring

Note: Medication Administration will require the Medication Aide to measure the vital signs of residents who are taking particular medications. The instructions should be a review since measuring vital signs is included in both the nurse aide training and the personal care aide training curricula.

Content

☑TEACHING TIP #1: Prerequisite Skills Review and Validation

Tell students:

- Before taking the 5-hour or 15-hour Medication Aide Course, you must be able to demonstrate how to obtain and record the following: temperature, pulse, respirations, and blood pressure.
- If the student already has competency validation for obtaining vital signs at the facility, the student is not required to demonstrate competency in measuring and recording vital signs. Documentation will be needed to reflect competency has already been demonstrated. Discuss devices for measuring vital signs that will vary. It is important students understand what measurements are within range and when to report the measurements.

Blood Pressure (B/P)

- For electronic machines, check device for accuracy according to manufacturer's recommendations
- Choose correct size of cuff; blood pressure cuffs that are too small or large for the resident's arm might result in an inaccurate reading
- Report high and low blood pressures based on facility's policy or physician's order

Pulse

- Count number of heartbeats in one full minute
- For radial heart rate, heart rate measured at the thumb side of the inner wrist
- For apical heart rate, heart rate measured directly over the heart using a stethoscope
- May be obtained by using an electronic device
- Normal range is 60 beats/minute to 100 beats/minute

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Respirations • Number of breaths a person takes per minute • One full breath is counted after resident has inhaled and exhaled • Most accurate rate is taken when resident is not aware that respirations are being monitored • Normal range is 10 to 24 breaths per minute
Temperature • Activity, food, beverages and smoking all affect body temperature • Temperature is measured using either the Fahrenheit or Celsius scale • Normal oral temperature is 36.5 – 37.5 degrees Celsius or 96.7 – 99.6 degrees Fahrenheit
☑TEACHING TIP #2: Glucose Monitoring [ONLY REQUIRED IF MEDICATION AIDE WILL BE PERFORMING TASK] **Prerequisite Skills Review and Validation** Tell students: • Before taking the 5-hour and/or 15-hour Medication Aide Course, you must be knowledgeable about standard precautions with glucose monitoring. • If the student has NOT already completed the ***Infection Control Course*** for Adult Care Homes, the student should complete at least **Section 3: Bloodborne Pathogens** of the ***Infection Control Course***. Review procedures for the following activities related to glucose monitoring at the adult care home and teach/demonstrate: calibrating and cleaning the machine; range of glucose levels for the machine; interventions and policies when blood sugar values are too low or too high; and which machines are for single-resident use and which machines that are not.
Fingersticks/Glucose Monitoring [ONLY REQUIRED IF MEDICATION AIDE WILL BE PERFORMING TASK] • Know correct procedures for using (including manufacturer's instructions on cleaning and disinfecting) glucose monitoring machine and know where to locate information, if needed • Wearing gloves when performing fingersticks and when using the glucose monitoring machine • Lancets and Lancing devices are used for only one resident and never shared • Correctly dispose of lancets in sharps container
Proceed to Section #1