

- How to Remove Your Gloves
- How to Put on and Remove a Gown
- How to Put on and Remove a Mask
- How to Use Standard Precautions

TOTAL HOURS: 6.5

TOPIC:

Date Completed

Signature

1. Alzheimers Disease and Other Related Dementias (ADRD) Training – 3hrs.

SKILLS VIDEO

TOPIC:

Date Completed

Signature

1. Positioning and Lifting
 - Observing Body Mechanics and Back Safety
 - How to Move a Person up in Bed
 - How to Turn a Person Onto the Side
2. Transferring
 - How to Transfer a Person From Bed to Wheelchair
 - How to Transfer a Person From Wheelchair to Bed
 - How to Transfer a Person Using a Mechanical Lifting Device
3. Bedmaking
 - How to Make an Unoccupied Bed
 - How to Make an Occupied Bed
4. Vital Signs, Height, and Weight
 - How to Measure Oral Temperature
 - How to Measure Rectal Temperature
 - How to Take a Radial Pulse
 - How to Measure Respiration
 - How to Measure Blood Pressure
 - How to Measure Height and Weight Using an Upright Scale
5. Cleanliness and Hygiene
 - Brushing and Flossing the Teeth
 - Providing Oral Care for a Person With Dentures
 - Providing Oral Care for an Unconscious Person
 - How to Give a Shower or Tub Bath
 - How to Give a Complete Bed Bath
 - How to Provide Perineal Care
6. Grooming
 - How to Assist with Dressing
 - How to Change a Hospital Gown
 - How to Shampoo a Person's Hair in Bed
 - How to Shave a Man's Face
 - How to Assist With Care of Hands and Feet

7. Basic Nutrition

- How to Assist a Dependent Person With Eating
- How to Measure Intake

8. Elimination

- How to Assist With Bedpans
- How to Assist With Urinals
- How to Provide Catheter Care
- How to Measure Urine Output

9. Exercise

- How to Assist With Ambulation
- How to Assist With Range-of-Motion Exercises

10. Special Topics

- How to Care for a Person With Dementia
- The Competency Evaluation

RIGHT ACCORD REPRESENTATIVE NAME/SIGNATURE: _____ DATE: _____