

# Physical Therapy

***New for 2019-2020***

Competitors will no longer be required to show event guidelines at ILC. Time remaining announcements have been added to the test. The text, Principles and Techniques of Patient Care by Fairchild, O’Shea and Washington has been added. Two additional skills have been added: Transfer from Supine to Sitting Position and Donning and Removing Transmission- Based Isolation Garments. Editorial updates and clarifications have been made to guidelines. Scholarship information as been added to the guidelines. Thank you to the American Physical Therapy Association for the support and assistance with these updates!

- Purpose** To provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in the area of physical therapy.
- Description** This event will consist of two rounds of competition. Round One will be a written, multiple choice test. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The test score from Round One will be used to qualify the competitor for Round Two, and will be used as part of the final score. The top scoring competitors will advance to Round Two for the performance of a selected skill(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.
- Dress Code** Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation, written test and skill(s)– jeans and shorts are not acceptable. Bonus points will be awarded for [proper dress](#).
- Rules and Procedures**
- Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the division in which they are registered to compete (Secondary or Postsecondary/Collegiate).
  - Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
  - The test will consist of fifty (50) multiple choice items. The test score will be used as part of the final score.
 

Round One: **Written Test Plan**

Physical Therapy for Musculoskeletal Conditions	15%
Physical Therapy for Neuromuscular Conditions	15%
Physical Therapy for Cardiopulmonary Conditions	15%
Physical Therapy for Integumentary Conditions	15%
Physical Therapy for Pediatrics and Older Adults	15%
Legal and Ethical Considerations	10%
The Professions of Physical Therapy	15%
  - All competitors shall report to the site of the required event orientation at the time designated. The Round One test will immediately follow the orientation. At ILC, [photo ID](#) must be presented prior to competing in each round. **No proxies will**

**be allowed for the orientation.**

5. [Test Instructions](#): The competitors will be given instructions and will be notified to start the test. There will be a maximum of 60 minutes to complete the test. Competitors should leave the testing site promptly after submitting all testing materials and evaluations.

NOTE: *States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.*

6. **TIME REMAINING ANNOUNCEMENTS**: There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. All official references are used in the development of the written test. The specific reference selected for each skill is listed in the Facilities, Equipment and Materials section of these guidelines.
- [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
  - [Pierson and Fairchild. Principles and Techniques of Patient Care. Elsevier, Latest edition.](#)
  - [Pagliarulo, Michael A. Introduction to Physical Therapy. Mosby. Latest edition.](#)

8. The test score from Round One will be used to qualify the competitor for the Round Two skills. The skills approved for Round Two for this event are:

Skill I: Ambulating with a Transfer (Gait) Belt	(5 minutes)
Skill II: Ambulating with a Walker	(9 minutes)
Skill III: Ambulating with a Cane	(8 minutes)
Skill IV: Range of Motion	(10 minutes)
Skill V: Ambulating with Crutches	(7 minutes)
Skill VI: Ice Pack Application	(6 minutes)
Skill VII: Transfer from Supine to Sitting Position	(5 minutes)
Skill VIII: Donning & Removing Transmission-Based Isolation Garments	(5 minutes)

9. HOSA Management and event personnel have the option of providing one additional minute to the skill event interval prior to the scenario for competitors to preview the equipment that is provided for the event. If given, the one minute allowed for equipment preview will be added to the overall skill interval and competitors will be told they have an extra minute to review the equipment.
10. The selected skill(s) for Round Two, in the form of a written scenario, will be presented to the competitor at the start of the skill to be performed. One or more skills may be combined in the scenario. The scenario will be the same for each competitor and will include a challenging component that will require the competitor to apply critical thinking skills. A sample scenario can be found [here](#).
11. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Violation of the

ethics rules will be severely penalized per [the GRRs](#).

12. In case of a tie, the highest test score will be used to determine the rank.
13. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
14. If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.
15. The timing for the skill will begin when the scenario is presented. Competitors will be stopped at the end of the time allowed for a selected skill(s).
16. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
17. HOSA offers numerous scholarships every year to its members interested in pursuing a variety of health careers. As you consider participating in this competitive event, please keep in mind there may be a HOSA Scholarship offered that fits your interests! For more information on the HOSA Scholarship program, please visit <http://www.hosa.org/scholarships>.

**Competitor Must Provide:**

- Two #2 lead pencils with eraser
- Watch with second hand (optional-Round Two only)
- Gait belt (competitor may bring own OR use the one provided by HOSA)
- A [photo ID](#)
- Gown
- Gloves
- Mask

**FOR SPECIFICS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)**

**Required Personnel:**

- One Event Manager
- One Judge Manager (JM) to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- One judge per skill selected per section (judge will role-play the physical therapist)
- Proctors for Testing – Approximately one proctor for 20 competitors
- Event assistants per section as needed
- One-two patients as required by the scenario (per section)
- Timekeepers (if necessary)
- Holding room attendants(s) as needed

## Facilities, Equipment and Materials (Per Section):

### Round One: **Written Test** (Reference: All resources)

- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms- one copy per competitor
- Evaluation forms - competitor and event personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

### Round Two Skills: **General**

- Clinical and/or laboratory stations for selected skills (see [HOSA Room Set](#))
- Holding rooms or areas for competitors (if off-site)
- List of competitors for check-in
- Written Scenario - copies for judges, section leaders (scenario must include patient information and instructions from the therapist)
- Patient and judge scripts as needed
- #2 lead pencils (judges & evaluations)
- Stopwatch(s)
- Rating sheets - one per judge per competitor
- Evaluation forms - competitor, judge, event personnel
- Copy of guidelines for judges
- Hand sanitizer (alcohol based handrub)

### Skill I **Ambulating with a Transfer (Gait) Belt** (DHO & Pierson / Fairchild)

- Patient
- Bed with siderails OR Armed Chair
- Patient shoes/slippers with non-skid soles
- Gait Belt (Competitor may choose to bring his/her own gait belt)
- Judge instructions – must indicate if patient is going to fall

### Skill II **Ambulating with a Walker** (DHO & Pierson / Fairchild)

- Patient
- Front Wheeled Walker
- Armed Chair
- Patient shoes/slippers with non-skid soles
- Gait Belt (Competitor may choose to bring his/her own gait belt)
- Patient – walking shoes
- Judge instructions – must indicate if walker adjustments are needed

### Skill III **Ambulating with a Cane** (DHO & Pierson / Fairchild)

- Patient
- Cane
- Armed Chair
- Patient shoes/slippers with non-skid soles
- Gait Belt (Competitor may choose to bring his/her own gait belt)
- Patient– walking shoes
- Scenario – must indicate patient information and instructions from therapist that indicate the gait the therapist taught the patient
- Judge instructions – must indicate if cane adjustments are needed

**Skill IV Range of Motion** (DHO & Pierson / Fairchild)

- Patient
- Bed with siderails or PT table
- Bath blanket/linens (as appropriate to setting)
- Scenario – must indicate patient information and instructions from therapist that indicate the number of repetitions for each movement

**Skill V Ambulating with Crutches** (DHO & Pierson / Fairchild)

- Patient
- Crutches
- Armed Chair
- Patient shoes/slippers with non-skid soles
- Gait Belt (Competitor may choose to bring his/her own gait belt)
- Scenario – must indicate patient information and instructions from therapist that indicate the gait the therapist taught the patient
- Judge instructions – must indicate if adjustments are needed for the crutches and the gait to be performed

**Skill VI Ice Pack Application** (DHO)

- Patient
- Hospital bed with linens or exam table or table/chair for skill to take place
- Basin and sink
- Towels (2)
- Ice packs OR plastic bags and ice with ice scoop
- First Aid Tape
- Hamper
- Gloves
- Scenario – must indicate patient information and instructions from therapist that indicate the type of cold pack to be used and duration of treatment

**Skill VII Transfer from Supine to Sitting Position** (Pierson / Fairchild)

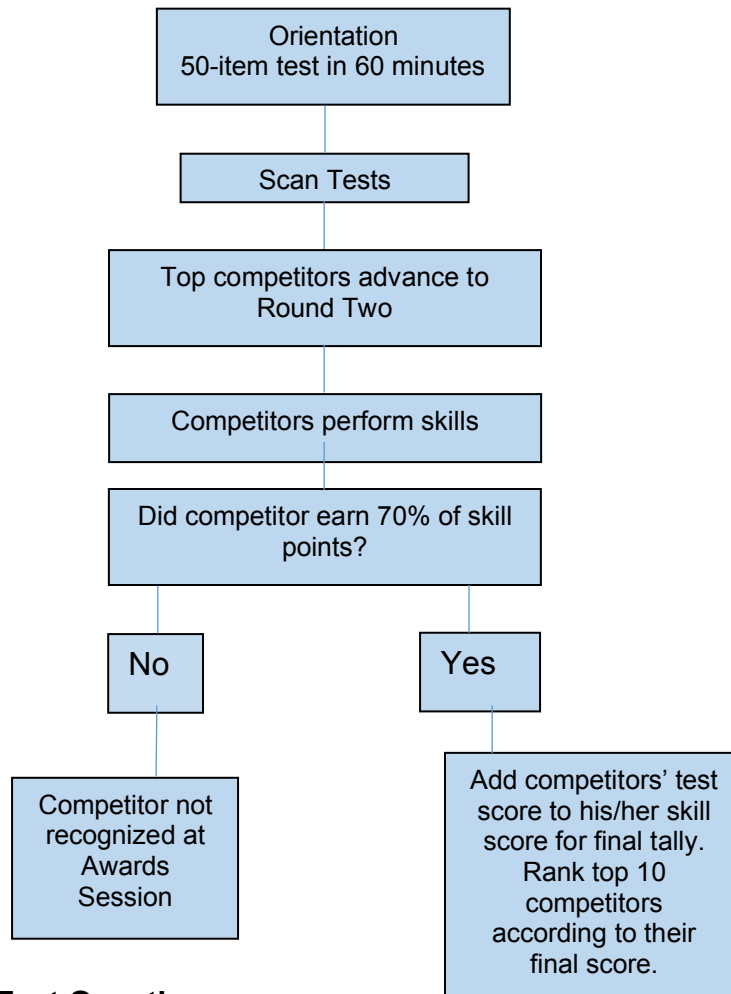
- Bed or mat

**Skill VIII Donning & Removing Transmission-Based Isolation Garments** (DHO)

- Handrub
- infectious waste container

**Event Personnel Implementation Notes:** Skills I, III, V and VI have multiple options. It may be helpful to modify the rating sheet before the event begins to make judging clearer and consistent. Once the scenario is finalized, cross out (or delete) the steps (points possible) on the rating sheet that will not apply to the selected skill.

## Event Flow Chart



## Sample Round One Test Questions

1. Wounds caused by venous insufficiency are most commonly found on the:  
A. sacrum.  
B. foot or ankle.  
C. lower part of the leg.  
D. iliac crest.
2. What type of resistive exercise involves contracting a muscle without visible joint motion?  
A. active  
B. passive  
C. isometric  
D. progressive
3. The health science career pathway for physical therapy is in \_\_\_\_\_ services.  
A. diagnostic  
B. support  
C. social  
D. therapeutic

# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill I Ambulating with a Transfer (Gait) Belt Time: 5 minutes</b>		<b>Possible</b>		<b>Awarded</b>
1.	Obtained instructions from therapist.	1	0	
2.	Assembled equipment.	1	0	
3.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering.	1	0	
4.	Closed the door or screened the unit to provide privacy (if applicable).	1	0	
5.	Greeted patient and introduced self.	1	0	
6.	Identified patient.	1	0	
7.	Explained skill and obtained consent from patient.	2	0	
8.	Used alcohol-based handrub for hand hygiene.	1	0	
<b>Note to Judge: The patient may already be sitting in a chair and wearing a robe and shoes/slippers. If so, omit steps #9, #10 and #14 and do not award the points.</b>		-		
9.	Locked the bed/if using armchair, ensured the stability of the chair to prevent movement and lowered the near siderail.”	1	0	
10.	Assisted patient into a sitting position and put a robe on the patient.	1	0	
11.	Put shoes or slippers with non-skid soles on the patient and ensured patient’s feet are on the floor.	1	0	
12.	Checked to be sure the transfer belt is the correct size, then positioned the belt around the patient’s waist and on top of the clothing.	2	0	
13.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2	0	
14.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2	0	
15.	Faced the patient with a broad base of support and grasped the loops on the side of the belt or placed hands under the sides of the belt	2	0	
16.	Asked the patient to stand by pushing against the bed or chair with his/her hands at a given signal.	1	0	
17.	Bent knees, gave the signal to stand and kept back straight and straightened knees as the patient stood.	1	0	
18.	Support the patient in a standing position. Kept one hand on one side of the belt while moving the other hand to the loops or the back of the belt.	1	0	

Items Evaluated		Possible	Awarded
19.	Moved the second hand from the side to the loops or the back of the belt while moving behind the patient.	1 0	
20.	Encouraged patient to walk slowly and use handrails if available.	1 0	
21.	Walked slightly behind the patient at all times and kept a firm, underhand grip on the belt or kept hands firmly in the loops. If patient has a weak side, positioned self on the weak side.	1 0	
<b>Note to Judge: If scenario calls for the patient to fall, evaluate item #22. If not, skip to item #23</b>		-	
22.	If the patient started to fall:		
a.	Kept a firm grip on the belt.	2 0	
b.	Used body to brace the patient, kept back straight, and gently eased the patient to the floor, taking care to protect his/her head.	2 0	
c.	Stayed with the patient and called for help.	2 0	
d.	Did not attempt to stand the patient up until help arrived	2 0	
<b>Note to Judge: Verbalize that help has arrived and that the patient has been returned to bed and examined by a physician. It is now OK to remove the gait belt and complete the skill. (Competitor will resume skill evaluation at step #23)</b>		-	
23.	Assisted the patient back to the bed (chair) after ambulating for the distance/time directed by the therapist.	1 0	
24.	Removed gait belt and shoes.	1 0	
25.	Elevated siderail (if indicated) and observed all checkpoints before leaving the patient.	1 0	
26.	Used alcohol-based handrub for hand hygiene.	1 0	
27.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
28.	Reported skill and observations to the therapist.	2 0	
<b>TOTAL POINTS -- SKILL I: Patient Fell (Bed)</b>		<b>42</b>	
<b>TOTAL POINTS – SKILL I: Patient Did Not Fall (Bed)</b>		<b>34</b>	
<b>TOTAL POINTS -- SKILL I: Patient Fell (Chair)</b>		<b>39</b>	
<b>TOTAL POINTS – SKILL I: Patient Did Not Fall(Chair)</b>		<b>31</b>	
<b>70% Mastery for Skill I Patient Fell (Bed) = 29.4</b>			
<b>70% Mastery for Skill I Patient Did Not Fall (Bed) = 23.8</b>			
<b>70% Mastery for Skill I Patient Fell (Chair) = 27.3</b>			
<b>70% Mastery for Skill I Patient Did Not Fall (Chair) = 21.7</b>			

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*



# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill II Ambulating with a Walker Time: 9 minutes</b>		<b>Possible</b>	<b>Awarded</b>
1.	Obtained instructions from therapist (to include distance/time for ambulation).	1 0	
2.	Assembled equipment.	1 0	
3.	Checked wheeled walker to assure rubber suction cups are secure on all needed legs, no rough or damaged edges on hand rests.	1 0	
4.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering.	1 0	
5.	Greeted patient and introduced self.	1 0	
6.	Identified patient.	1 0	
7.	Explained skill and obtained consent from the patient.	2 0	
8.	Used alcohol-based handrub for hand hygiene.	1 0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	1 0	
10.	Applied gait belt.	1 0	
11.	Checked to be sure the transfer belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2 0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2 0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2 0	
14.	Used an underhand grasp on the belt and assisted the patient to a standing position.	2 0	
15.	Positioned the walker in front of the patient so that the rear tips of the walker are placed opposite to the midportion of the shoes.	2 0	
16.	With the arms of the patient straight at the sides of the handgrips, adjusted walker to the level of the patient's wrist crease.	2 0	
17.	Had the patient grasp the handpieces and observed the angle of elbow flexion which should be 20 to 25 degrees.	2 0	
18.	Using a partial weight bearing pattern, instructed the patient to move the walker and the partial weight bearing extremity forward simultaneously; then the full-weight bearing lower extremity follows.	2 0	
19.	Repeated step 15 while walking to the side and slightly behind and to the weaker side of the patient.	2 0	
20.	Grasped gait belt with one hand and remained alert throughout skill.	2 0	
21.	Was prepared to or caught the patient if he/she started to fall.	2 0	
22.	Checked constantly to assure step 15 is being done correctly.	2 0	
23.	Assisted the patient back to the chair after ambulating for the distance/time directed by the therapist.	1 0	
24.	Removed gait belt and replaced equipment.	1 0	
25.	Used alcohol-based handrub for hand hygiene.	1 0	
26.	Appropriate verbal and nonverbal communication with patient and other	2 0	

personnel		
27. Reported skill and observations to the therapist.	2	0
<b>TOTAL POINTS – SKILL II</b>	<b>42</b>	
<b>70% Mastery for Skill II = 29.4</b>		

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill III Ambulating with a Cane Time: 8 minutes</b>		<b>Possible</b>		<b>Awarded</b>
1.	Obtained instructions from therapist and ascertained which gait the therapist taught the patient.	1	0	
2.	Assembled equipment.	1	0	
3.	Checked cane to assure the bottom has a rubber suction tip.	1	0	
4.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering.	1	0	
5.	Greeted patient and introduced self.	1	0	
6.	Identified patient.	1	0	
7.	Explained skill and obtained consent.	2	0	
8.	Used alcohol-based handrub for hand hygiene	1	0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	1	0	
10.	Applied gait belt.	1	0	
11.	Checked to be sure the transfer belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2	0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2	0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2	0	
14.	Used an underhand grasp on the belt and assisted the patient to a standing position.	2	0	
15.	Advised the patient to bear his or her weight on the unaffected leg.	1	0	
16.	Checked the height of the cane:			
a.	Positioned the cane on the unaffected (good) side and approximately 6 to 8 inches from the side of the foot.	1	0	
b.	Checked that the top of the cane is level with the top of the femur at the hip joint.	1	0	
c.	Checked to assure the patient's elbow is flexed at a 25° – 30°	1	0	
17.	If the height of the cane needs adjustment, notified the physical therapist. <b>Note to Judge: Adjust the cane, if required</b>	1	0	
18.	Instructed the patient to use the cane on the good, or unaffected, side.	1	0	
19.	Assisted the patient with the gait ordered: Three Point Gait			
a.	Patient balanced the body weight on the strong on unaffected foot while moving the cane forward approximately 12-18 inches.	2	0	
b.	Patient moved the weak or affected foot forward.	1	0	
c.	Patient transferred the weight to the affected foot and cane, then brought the unaffected foot forward.	1	0	

Items Evaluated		Possible		Awarded
<b>OR</b>	Assisted patient with the gait ordered: Two Point Gait			
a.	Patient balanced the weight on the strong on unaffected foot.	1	0	
b.	Patient moved the cane and the weak or affected foot forward, keeping the cane close to the body to prevent leaning.	1	0	
c.	Patient transferred body weight forward to the cane.	1	0	
d.	Patient moved the good, or unaffected, foot forward.	1	0	
20.	Was prepared to or caught the patient if he/she started to fall.	2	0	
21.	Assured that patient took small steps.	1	0	
22.	Assisted the patient back to the chair after ambulating for the distance/time directed by the therapist.	1	0	
23.	Removed gait belt and replaced equipment.	1	0	
24.	Used alcohol-based handrub for hand hygiene.	1	0	
25.	Appropriate verbal and nonverbal communication with patient and other personnel	2	0	
26.	Reported skill and observations to the therapist.	2	0	
<b>TOTAL POINTS -- SKILL III</b>		<b>43</b>		
<b>70% Mastery for Skill III = 30.1</b>				

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

**Note:** This skill may take place in a hospital bed or outpatient PT clinic. Steps that are appropriate in a hospital setting may not be done in an outpatient clinic. The skill steps performed should be adjusted to fit the setting and scenario. Competitor will perform full range of motion unless patient complains of pain.

<b>Skill IV Range of Motion (one side) Time: 10 minutes</b>		<b>Possible</b>	<b>Awarded</b>
1.	Obtained instructions from physical therapist, to include the number of repetitions for each movement and any specific instructions regarding joints for range of motion. (3-5).	1 0	
2.	Knocked on door or requested permission to enter from behind the curtain, closed the door or screened the unit to provide privacy (if applicable).	1 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified patient.	1 0	
5.	Explained skill to patient and obtained consent from patient.	2 0	
6.	Screened unit and locked wheels of bed to prevent movement (if appropriate).	1 0	
7.	Used alcohol-based handrub for hand hygiene.	1 0	
8.	Elevated the bed to a comfortable working height (if appropriate).	1 0	
9.	Lowered the siderail on the side where you are working (if appropriate).	1 0	
10.	Positioned patient in supine position in good body alignment.	1 0	
11.	Used bath blanket to drape patient and fanfolded top linen to the foot of the bed (if appropriate).	2 0	
12.	Exercised the shoulder joint: Abduction/Adduction		
a.	Grasped the wrist and elbow.	1 0	
b.	Abducted the shoulder by moving the extremity away from the trunk.	1 0	
c.	Adducted the shoulder by returning to the patient's side.	1 0	
	Flexion/Extension		
d.	For left shoulder – grasped left wrist with hand and grasped elbow with the right hand. Alternated for right shoulder. Moved patient to the edge of surface.	1 0	
d.	Flexed the shoulder by raising arm above the head.	1 0	
e.	Extended the shoulder by bringing the arm back down to the side from above the head.	1 0	

Items Evaluated	Possible	Awarded
<p>13. Exercised the elbow joint:</p> <p>Flexion/Extension</p> <p>a. Supported the patient's arm by placing one hand on the elbow and the other hand on the wrist.</p> <p>b. Flexed the elbow by bending the forearm and hand up to the shoulder.</p> <p>c. Extended the elbow by moving the forearm and hand down to the side, or straightening the arm.</p> <p>Pronation/Supination</p> <p>d. Pronated by turning the forearm and hand so that the palm of the hand is facing down.</p> <p>e. Supinated by turning the forearm and hand so that the palm of the hand is facing up.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p>	
<p>14. Exercised the wrist:</p> <p>a. Grasped patient's hand over palmar &amp; dorsal surfaces with one hand and supported and stabilized forearm with the other hand.</p> <p>b. Flexed the wrist by bending the hand down toward the forearm.</p> <p>c. Extended the wrist by straightening the hand.</p> <p>d. Hyperextended the wrist by bending the top of the hand back toward the forearm.</p> <p>e. Deviated the wrist in an ulnar direction by moving the hand toward the little finger side.</p> <p>f. Deviated the wrist in a radial direction by moving the hand toward the thumb side.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p>	
<p>15. Exercised the fingers and thumb:</p> <p>a. Supported the patient's hand by placing one hand at the wrist.</p> <p>b. Flexed the thumb and fingers by bending them toward the palm.</p> <p>c. Extended the thumb and fingers by straightening them.</p> <p>d. Abducted the thumb and fingers by spreading them apart.</p> <p>e. Adducted the thumb and fingers by moving them together.</p> <p>f. Performed opposition by touching the thumb to the tip of each finger.</p> <p>g. Circumducted the thumb by moving it in a circular motion.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p>	
<p>16. Uncovered the leg closest to the competitor.</p>	<p>1 0</p>	

Items Evaluated		Possible		Awarded
17.	Exercised the hip:			
a.	Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.	1	0	
b.	Abducted the hip by moving the entire leg out to the side.	1	0	
c.	Adducted the hip by moving the entire leg back toward the body.	1	0	
d.	Flexed the hip by bending the knee and moving the thigh up toward the abdomen.	1	0	
e.	Extended the hip by straightening the knee and moving the leg away from the abdomen.	1	0	
f.	With one hand grasped distal area of thigh proximal to the knee and the other hand grasped proximally to the ankle roll the extremity inward and outward.	2	0	
18.	Exercised the knee:			
a.	Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.	1	0	
b.	Flexed the knee by bending the lower leg back toward the thigh.	1	0	
c.	Extended the knee by straightening the leg.	1	0	
19.	Exercised the ankle:			
a.	Supported the patient's foot by placing one hand under the foot and the other hand behind the ankle.	1	0	
b.	Dorsiflexed the ankle by moving the toes and foot up toward the knee.	1	0	
c.	Plantar flexed the ankle by moving the toes and foot down away from the knee.	1	0	
d.	Inverted the foot by gently turning it inward.	1	0	
e.	Everted the foot by gently turning it outward.	1	0	
20.	Exercised the toes:			
a.	Rested the patient's leg and foot on the bed for support.	1	0	
b.	Abducted the toes by separating them, or moving them away from each other.	1	0	
c.	Adducted the toes by moving them together.	1	0	
d.	Flexed the toes by bending them down toward the bottom of the foot.	1	0	
e.	Extended the toes by straightening them.	1	0	
21.	If patient complained of pain, exhibited profuse perspiration or difficulty breathing- competitor stopped the exercise and reported to the physical therapist (judge).	2	0	
22.	Used proper body mechanics while administering all ROM exercises.	1	0	
23.	Replaced the top bed linens and removed the bath blanket (if appropriate).	1	0	
24.	Elevated the siderail (if appropriate).	1	0	
25.	Used alcohol-based handrub for hand hygiene.	1	0	

Items Evaluated	Possible	Awarded
26. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
27. Reported treatment and observations to physical therapist.	2 0	
<b>TOTAL POINTS -- SKILL IV</b> <b>70% Mastery for Skill IV = 47.6</b>	<b>68</b>	

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*



# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill V Ambulating with Crutches (Time: 7 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Obtained instructions from physical therapist and ascertained which gait the therapist taught the patient.	1	0	
2.	Assembled equipment.	1	0	
3.	Checked crutches to assure the rubber suction tips on the bottom ends are not worn down or torn and the axillary bars and hand rests are covered with padding.	2	0	
4.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering (as appropriate).	1	0	
5.	Greeted patient and introduced self.	1	0	
6.	Identified patient.	1	0	
7.	Explained skill and obtained consent from patient.	2	0	
8.	Used alcohol-based handrub for hand hygiene.	1	0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	1	0	
10.	Applied gait belt.	1	0	
11.	Checked to be sure the transfer belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2	0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2	0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2	0	
14.	Used an underhand grasp on the belt and assisted the patient to a standing position.	1	0	
15.	Advised the patient to bear his or her weight on the unaffected leg and positioned the crutches on either side of the patient.	1	0	
16.	Checked the fit of the crutches:			
a.	Positioned the crutches 4-6 inches in front of the patient's feet.	1	0	
b.	Moved the crutches 2-4 inches to the sides of the feet.	1	0	
c.	Assured there is a 2 inch gap between the axilla and the axillary bar.	1	0	
d.	Assured each elbow is flexed at a 25° to 30° angle.	1	0	
e.	If any adjustments needed, notified physical therapist who will make the necessary adjustments.	1	0	
<b>Judge Note: Adjust as necessary</b>				

Item Evaluated	Possible	Awarded
Assisted patient with the required gait: <b>Judge Note: Evaluate competitor on one of the following 3 gaits as designated in the event scenario.</b>	-	
17. Four-Point Gait: a. Moved the right crutch forward. b. Moved the left foot forward. c. Moved the left crutch forward. d. Moved the right foot forward.	1 0 1 0 1 0 1 0	
18. Three-Point Gait: a. Advanced both crutches and the weak or affected foot. b. Transferred the patient's body weight forward to the crutches. c. Advanced the unaffected or good foot forward.	2 0 1 0 1 0	
19. Two-Point Gait: a. Moved the right foot and left crutch forward at the same time. b. Moved the left foot and right crutch forward at the same time.	2 0 2 0	
20. Repeated steps of the gait for three series.	2 0	
21. Monitored progress and provided feedback to patient on gait performance, not moving too far forward at one time and avoidance of resting weight on axillary rest.	2 0	
22. Assist the patient back to bed or position the patient in in chair.	1 0	
23. Removed gait belt and replaced equipment.	1 0	
24. Used alcohol-based handrub for hand hygiene.	1 0	
25. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
26. Reported skill and observations to physical therapist.	2 0	
<b>TOTAL POINTS -- SKILL V</b> <b>70% Mastery for Skill V = 28</b>	<b>40</b>	

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

## PHYSICAL THERAPY

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

**Note:** This skill may take place in a hospital bed or outpatient PT clinic. Steps that are appropriate in a hospital setting may not be done in an outpatient clinic. The skill steps performed should be adjusted to fit the setting and scenario.

<b>Skill VI Ice Pack Application (Time: 6 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Obtained instructions from physical therapist.	1 0	
2. Assembled equipment.	1 0	
3. Used alcohol-based handrub for hand hygiene.	1 0	
<b>Skip to step #9 if disposable cold pack is used.</b>		
4. Filled the ice bag with water to check for leaks. Empty if no leaks present.	1 0	
5. Used a scoop to fill the bag half full.	1 0	
6. If ice cubes are used, rinsed them in water to remove sharp edges.	1 0	
7. Placed the bag on a flat surface to expel all air, then sealed the bag.	1 0	
8. Wiped the outside of the bag dry.	1 0	
9. <b>If a disposable cold pack is used</b> , omit steps 4-8 and evaluate the following: Activated the chemicals in the cold pack by squeezing the pack or striking it against a solid surface.	1 0	
10. Placed a cover on the bag, or wrapped the ice pack/cold pack in a towel and taped the towel in place.	2 0	
11. Greeted patient and introduced self.	1 0	
12. Identified patient.	1 0	
13. Explained skill to patient and obtained consent.	2 0	
14. Used alcohol-based handrub for hand hygiene.	1 0	
15. Applied gloves if area to be treated has any drainage.	1 0	
16. Provided for privacy (if appropriate).	1 0	
17. Placed the ice pack on the affected area as directed.	1 0	
18. Assured patient is comfortable and ice pack is positioned correctly.	1 0	
19. Verbalized would recheck every 10 minutes for pale or white skin, cyanosis or mottled appearance.	1 0	
<b>Judge states, "ice application has been in place the ordered time".</b>		
20. Removed the ice pack, noting the condition of the skin and patient reaction to the skill.	2 0	
21. Cleaned and/or replaced equipment used. Discarded disposables and placed linen in hamper. (if appropriate).	1 0	
22. Used alcohol-based handrub for hand hygiene.	1 0	
23. Exhibits acceptable affect with patient(s) and other personnel.	2 0	
24. Reported skill and observations to the physical therapist.	2 0	
<b>TOTAL POINTS -- SKILL VI – Ice Bag Used</b>	<b>28</b>	
<b>TOTAL POINTS -- SKILL VI – Disposable Cold Pack Used</b>	<b>24</b>	
<b>70% Mastery for Skill VI - Ice Bag Used = 19.6</b>		
<b>70% Mastery for Skill VI –Disposable Cold Pack Used = 16.8</b>		

**\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.**

# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill VII Transfer from Supine to Sitting Time: 5 minutes</b>		<b>Possible</b>		<b>Awarded</b>
1.	Obtained instructions from therapist.	1	0	
2.	Assembled equipment.	1	0	
3.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering.	1	0	
4.	Greeted patient and introduced self.	1	0	
5.	Identified patient.	1	0	
6.	Explained skill and obtained consent from the patient.	2	0	
7.	Used alcohol-based handrub for hand hygiene.	1	0	
8.	Moved the patient close to the edge of the bed or mat (using the length of the patient's thigh as guide to where the patient's buttock should be)	2	0	
9.	Rolled the patient to a side-lying position while the lower extremities are partially flexed.	2	0	
10.	Instructed the patient to look in the direction of the movement and to engage trunk muscles during the activity.	2	0	
11.	Instructed the patient that during the lift on the count of 3 to push up with one or both upper extremities.	2	0	
12.	Positioned feet in an anteroposterior position to widen base of support and to avoid twisting back.	2	0	
13.	Placed your arm across the upper part of the back grasping the shoulder furthest from you.	2	0	
14.	On the count of 3 elevated the trunk by lifting under the shoulders.	2	0	
15.	With the other hand reached over the legs into the popliteal fossa and moved both legs off the bed or mat.	2	0	
16.	Supported the patient's pelvis when placed in a sitting position.	2	0	
17.	Did not leave patient in a sitting position unattended or unsupported.	2	0	
18.	Used alcohol-based handrub for hand hygiene.	1	0	
19.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
20.	Reported skill and observations to the therapist.	2	0	
<b>TOTAL POINTS – SKILL VII</b>		<b>33</b>		
<b>70% Mastery for Skill VII = 23.1</b>				

*\*\*If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

# PHYSICAL THERAPY

Competitor #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill VIII Donning &amp; Removing Transmission-Based Isolation Garments</b>		<b>Time: 5 minutes</b>		<b>Possible</b>	<b>Awarded</b>
1.	Assembled equipment.	1	0		
2.	Verbalized "hands have been washed."	1	0		
3.	Donning: Mask:	1	0		
	a. Secured mask under the chin and covered mouth and nose.				
	b. Tied mask securely behind head and neck by tying top ties first and bottom ties second.	1	0		
4.	Gown:				
	a. If sleeves are long rolled up above elbows before applying gown.	1	0		
	b. Lifted the gown by placing the hands inside the shoulders.	1	0		
	c. Worked arms into the sleeves of gown by gently twisting.	1	0		
	d. Placed hands inside the neckband and adjusted until in position and tied the bands at the back of the neck.	1	0		
	e. Reached behind and folded the edges of the gown so that uniform is completely covered and tied the waistband.	1	0		
5.	Gloves: Put gloves on and made sure that gloves covered the top cuff of the gown.	2	0		
6.	Removal: Untied the waist ties and loosened the gown at the waist.	1	0		
7.	Gloves:				
	a. Removed first glove by grasping the outside of the cuff with the opposite gloved hand and placed the glove over the hand so it is inside out.	1	0		
	b. Removed the second glove by placing the bare hand inside the cuff and pulled glove off so it is inside out.	1	0		
	c. Placed the gloves in the infectious waste container.	1	0		
8.	Mask:				
	a. Used alcohol-based handrub to cleanse hands.	1	0		
	b. Held mask by top ties only and dropped into infectious waste container.	1	0		
9.	Gown:				
	a. Untied the neck ties and loosened the gown at the shoulders handling only the inside of the gown.	1	0		
	b. Slipped the fingers of one hand inside the opposite cuff without touching the outside of gown and pulled the sleeve down over the hand	1	0		
	c. Used the gown-covered hand and pulled sleeve down over the opposite hand.	1	0		

Items Evaluated	Possible	Awarded
d. Eased arms and hands out of the gown, keeping the gown in front of the body and avoided outside of gown with hands.	1 0	
e. With hands inside the gown at the shoulders together and turned the gown is inside out.	1 0	
f. Folded the gown in half and rolled together.	1 0	
g. Placed gown in infectious waste container.	1 0	
10. Used alcohol-based handrub for hand hygiene.	1 0	
<b>TOTAL POINTS -- SKILL VIII</b> <b>70% Mastery for Skill VIII = 17.5</b>	<b>25</b>	