



## Physical Therapy

**PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC) AND SPRING LEADERSHIP CONFERENCE (SLC):**

1. Written test time shortened to 40 minutes (still 50 questions) for both FLC and SLC.
2. Written test will take place online and be open book for both FLC and SLC.
3. Only the written test will be evaluated at FLC.
4. The Round Two skill demonstration at SLC may be virtual, in-person, or hybrid. For more info on whether you are expected to participate in-person or line, please visit our website.
  - a. \*If students participate over Zoom, they must have their cameras on for the entire duration of the event and show the judges their surroundings to help us minimize cheating as much as possible.\*
  - b. \*Students participating over Zoom have the option of demonstrating their skill on a friend/family member.\*
  - c. \*Competitors may verbalize their skill demonstration, especially if they have not purchased the materials required for their event (no points will be deducted).\*

## ***New for 2021-2022***

Skill step point values have been revised on the rating sheets.  
*DHO Health Science 9* Edition has been released.  
*Introduction to Physical Therapy* 6<sup>th</sup> edition has been released.  
Skills have been aligned with the new editions of the texts.  
Editorial updates have been made for clarity.

### **Event Summary**

Physical Therapy provides members with the opportunity to gain knowledge and skills required for assisting patients with recovery. This competitive consists of 2 rounds. Round One is a written, multiple-choice test and top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire HOSA members to learn more about physical therapy concepts and techniques.

**Sponsorship** This competitive event is sponsored by the [American Physical Therapy Association](#)

**Dress Code** Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during both rounds. Bonus points will be awarded for [proper dress](#).

### **General Rules**

1. Competitors in this event must be active members of HOSA and in good standing.
2. Secondary and Postsecondary / Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor’s [photo ID](#) must be presented prior to ALL competition rounds.

### **Official References**

5. All official references are used in the development of the written test and skill rating sheets.
  - [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\*. Elsevier. Latest edition.](#)

### **Round One Test**

6. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.

7. **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.

8. **Written Test Plan**

Profession of PT	15%
Legal and Ethical Considerations	10%
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%

*NOTE: **Chartered associations** 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 Chartered Association for the process you will be using.*

9. The test score from Round One will be used to qualify the competitor for Round Two.

10. **Sample Test Questions**

1. Where are wounds caused by venous insufficiency most commonly found on the body?  
A. Sacrum  
B. Elbow  
**C. Lower part of the leg**  
D. Iliac crest  
Pagliarulo Page 219
2. What type of resistive exercise involves contracting a muscle without visible joint motion?  
A. Active  
**B. Isometric**  
C. Passive  
D. Progressive  
Fairchild Page 132
3. Which type of healthcare services includes the health science career pathway for physical therapy?  
A. Support  
B. Diagnostic  
C. Social  
**D. Therapeutic**  
Simmers Page 50

**Round Two Skills**

11. Round Two is the performance of a selected skill(s). 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: Passive Range of Motion	(10 minutes)
Skill V: Ambulating with Crutches	(7 minutes)
Skill VI: Cold Application with Ice Bag	(6 minutes)
Skill VII: Transfer from Supine to Sitting Position	(5 minutes)
Skill VIII: Donning & Removing Transmission-Based Isolation Garments	(5 minutes)

12. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
13. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed.
14. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
15. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient physiology and will be included in the scenario

### Final Scoring

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. Final rank is determined by adding the round one test score plus round two skill score. In case of a tie, the highest test score will be used to determined final placement.

#### 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

# 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.	2 0	
7.	Explained skill and obtained consent from patient.	2 0	
8.	Used alcohol-based handrub for hand hygiene.	2 0	
<b>Note to Judge: If the patient is sitting in a chair and wearing a robe and shoes/slippers, omit steps #9, #10 and do not award the points.</b>		-	
9.	Locked the bed and lowered the near siderail.	1 0	
10.	Assisted patient into a sitting position and put a robe on the patient if not wearing one.	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.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	2 0	
15.	Made sure the patient's feet were on the floor and moved closer to side of the bed or edge of chair if not.	1 0	
16.	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	
17.	Asked the patient to stand by pushing against the bed or chair with his/her hands at a given signal.	1 0	
18.	Bent knees, gave the signal to stand and kept back straight and straightened knees as the patient stood.	1 0	

Items Evaluated		Possible	Awarded
19.	Supported 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.	2 0	
20.	Moved the second hand from the side to the loops or the back of the belt while moving behind the patient.	2 0	
21.	Encouraged patient to walk slowly and use handrails if available.	2 0	
22.	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.	2 0	
<b>Note to Judge: If scenario calls for the patient to fall, evaluate item #23 and skip #24. If the patient does not fall, skip #23.</b>		-	
23.	If the patient started to fall:	2 0	
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: If the patient falls, verbalized that help has arrived and that the patient has been examined by a physician and been returned to bed/chair.</b>		-	
24.	Assisted the patient back to the bed (or chair) after ambulating for the distance/time directed by the therapist.	1 0	
25.	Removed gait belt and shoes.	1 0	
26.	Elevated siderail (if indicated) and observed all checkpoints before leaving the patient.	2 0	
27.	Used alcohol-based handrub for hand hygiene.	2 0	
28.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
29.	Reported skill and observations to the therapist.	4 0	
<b>TOTAL POINTS -- SKILL I: Patient Fell (Bed)</b>		<b>53</b>	
<b>TOTAL POINTS -- SKILL I: Patient Did Not Fall (Bed)</b>		<b>46</b>	
<b>TOTAL POINTS -- SKILL I: Patient Fell (Chair)</b>		<b>51</b>	
<b>TOTAL POINTS -- SKILL I: Patient Did Not Fall(Chair)</b>		<b>44</b>	
<b>70% Mastery for Skill I Patient Fell (Bed) = 37.1</b>			
<b>70% Mastery for Skill I Patient Did Not Fall (Bed) = 32.2</b>			
<b>70% Mastery for Skill I Patient Fell (Chair) = 35.7</b>			
<b>70% Mastery for Skill I Patient Did Not Fall (Chair) = 30.8</b>			

# 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.	2	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.	2	0	
7.	Explained skill and obtained consent from the patient.	2	0	
8.	Used alcohol-based handrub for hand hygiene.	2	0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	2	0	
10.	Applied gait belt.	2	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 so the patient is "inside" the walker.	1	0	
16.	Check the height of the walker so that hand rests are level with the tops of the femurs at the hip joints.	1	0	
17.	Had the patient grasp the handpieces and observed the angle of elbow flexion which should be 20 to 25 degrees.	1	0	
18.	Instructed the patient to lift the walker and place it forward so that the back legs of the walker are even with the patient's toes.	1	0	
19.	Instructed the patient to avoid sliding the walker to prevent falls.	2	0	
20.	Instructed the patient to transfer their weight forward slightly to walker.	1	0	
21.	Instructed the patient to use the walker for support and to walk "into" the walker. Do Not shuffle feet.	1	0	
22.	Repeated steps 18-20.	1	0	

Items Evaluated		Possible	Awarded
23.	Walked to the side and slightly behind the patient (on the weak side)	2	0
24.	Was alert and ready to or caught the patient if any signs of falling.	2	0
25.	Checked constantly to make sure the patient is lifting the walker forward and is placing walker forward just to their toes.	2	0
26.	Assisted the patient back to the chair after ambulating for the distance/time directed by the therapist.	1	0
27.	Removed gait belt and replaced equipment.	2	0
28.	Used alcohol-based handrub for hand hygiene.	2	0
29.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
30.	Reported skill and observations to the therapist.	4	0
<b>TOTAL POINTS -- SKILL II</b>		<b>50</b>	
<b>70% Mastery for Skill II = 35</b>			



# 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.	2 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.	2 0	
7.	Explained skill and obtained consent.	2 0	
8.	Used alcohol-based handrub for hand hygiene	2 0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	2 0	
10.	Applied gait belt.	2 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.	4 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 25 <sup>o</sup> – 30 <sup>o</sup>	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.	4 0	
19.	Assisted the patient with the gait ordered: Three Point Gait		
a.	Patient balanced the body weight on the strong or unaffected foot while moving the cane forward approximately 12-18 inches.	1 0	
b.	Patient then moved the weak or affected foot forward.	1 0	
c.	Patient transferred the weight to the affected foot and cane.	1 0	

Items Evaluated	Possible	Awarded
d. Brought the unaffected foot forward.	1 0	
<b>OR</b> Assisted patient with the gait ordered: Two Point Gait	1 0	
a. Patient balanced the weight on the strong or unaffected foot.	1 0	
b. Patient then moved the cane and the weak or affected foot forward, keeping the cane fairly close to the body to prevent leaning.	1 0	
c. Patient transferred body weight forward to the cane.	1 0	
d. Patient then 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 to prevent falling.	2 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.	2 0	
24. Used alcohol-based handrub for hand hygiene.	2 0	
25. Appropriate verbal and nonverbal communication with patient and other personnel	2 0	
26. Reported skill and observations to the therapist.	4 0	
<b>TOTAL POINTS -- SKILL III</b> <b>70% Mastery for Skill III = 38.5</b>	<b>55</b>	

# 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 Passive 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 repetitions).	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.	2 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).	2 0	
7.	Used alcohol-based handrub for hand hygiene.	2 0	
8.	Elevated the bed to a comfortable working height (if appropriate).	2 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.	2 0	
11.	Used bath blanket to drape patient and fanfolded top linen to the foot of the bed (if appropriate).	1 0	
12.	Exercised the shoulder joint: Abduction/Adduction	1 0	
a.	Grasped the wrist and elbow.		
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.	Patient supine with shoulder at the edge of the support surface.	1 0	
e.	For left shoulder – grasped left wrist with hand and grasped elbow with the right hand. Alternated for right shoulder.	1 0	
f.	Flexed the shoulder by raising arm above the head.	1 0	
g.	Extended the shoulder by bringing the arm back down to the side from above the head.	1 0	

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

Items Evaluated		Possible	Awarded
16.	Uncovered the correct leg indicated in the scenario.	4 0	
17.	Exercised the hip: Abduction/Adduction	1 0	
	a. Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.		
	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	
	Flexion/Extension	1 0	
	d. Flexed the hip by bending the knee and moving the thigh up toward the abdomen.		
	e. Extended the hip by straightening the knee and moving the leg away from the abdomen.	1 0	
	Medial/Lateral Rotation		
	f. With one hand grasped distal area of thigh proximal to the knee and the other hand grasped proximally to the ankle to roll the extremity inward and outward.	1 0	
18.	Exercised the knee: Flexion/Extension	1 0	
	a. Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.		
	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: Dorsiflexion/Plantar Flexion	1 0	
	a. Supported the patient's foot by placing one hand under the foot and the other hand behind the ankle.		
	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	
	Invert/Evert Ankle		
	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: Abduction/Adduction	1 0	
	a. Rested the patient's leg and foot on the bed for support.		
	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	

Items Evaluated	Possible	Awarded
Flexion/Extension 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. Used proper body mechanics while administering all ROM exercises.	2 0	
22. Replaced the top bed linens and removed the bath blanket (if appropriate).	1 0	
23. Elevated the siderail (if appropriate).	2 0	
24. Used alcohol-based handrub for hand hygiene.	2 0	
25. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
26. Verbalized to judge what action would be taken if patient complained of pain, exhibited profuse perspiration or difficulty breathing- [competitor would stop the exercise and report to the physical therapist].	4 0	
27. Reported treatment and observations to physical therapist.	2 0	
<b>TOTAL POINTS – SKILL IV (No Pain Reported)</b>	<b>76</b>	
<b>TOTAL POINTS – SKILL IV (Pain Reported)</b>	<b>80</b>	
<b>70% Mastery for Skill IV (No Pain Reported) = 53.2</b> <b>70% Mastery for Skill IV (Pain Reported) = 56</b>		

# 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.	2	0	
7.	Explained skill and obtained consent from patient.	2	0	
8.	Used alcohol-based handrub for hand hygiene.	2	0	
9.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	2	0	
10.	Applied gait belt.	2	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 and positioned the crutches on either side of the patient.	4	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 1 1/2 - 2 inch gap or 2 to 3 finger widths 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>				

Items 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.	1      0	
b. Moved the left foot forward.	1      0	
c. Moved the left crutch forward.	1      0	
d. Moved the right foot forward.	1      0	
18. Three-Point Gait: a. Advanced both crutches and the weak or affected foot.	2      0	
b. Transferred the patient's body weight forward to the crutches.	1      0	
c. Advanced the unaffected or good foot forward.	1      0	
19. Two-Point Gait: a. Moved the right foot and left crutch forward at the same time.	2      0	
b. Moved the left foot and right crutch forward at the same time.	2      0	
20. Repeated steps of the designated gait three times.	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. Assisted the patient back into chair.	1      0	
23. Removed gait belt and replaced equipment.	2      0	
24. Used alcohol-based handrub for hand hygiene.	2      0	
25. Appropriate verbal and nonverbal communication with patient and other personnel.	2      0	
26. Reported skill and observations to physical therapist.	4      0	
<b>TOTAL POINTS -- SKILL V: 70% Mastery for Skill V : 36.4</b>	<b>52</b>	



## 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 Cold Application with Ice Bag (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.	2 0	
4. Greeted patient and introduced self.	1 0	
5. Identified patient.	2 0	
6. Explained skill to patient and obtained consent.	2 0	
7. Applied gloves if area to be treated has any drainage.	2 0	
8. Provided for privacy (if appropriate).	1 0	
9. Assisted patient with ice bag:		
a. Filled the ice bag with water to check for leaks. Empty if no leaks present.	1 0	
b. Used a scoop to fill the bag half full.	1 0	
c. If ice cubes are used, rinsed them in water to remove sharp edges.	1 0	
d. Placed the bag on a flat surface to expel all air, then sealed the bag.	1 0	
e. Wiped the outside of the bag dry.	1 0	
<b>OR</b> Assisted patient with disposable ice bag:		
a. Activated the chemicals in the cold pack by squeezing the pack or striking it against a solid surface.	2 0	
b. Placed a cover on the bag, or wrapped the ice pack/cold pack in a towel and taped the towel in place.	2 0	
10. Placed the ice pack on the correct area as indicated in the scenario.	4 0	
11. Assured patient is comfortable and ice pack is positioned correctly.	2 0	
12. Verbalized would recheck every 10 minutes for pale or white skin, cyanosis or mottled appearance. <b>Judge states, "ice application has been in place for the ordered time".</b>	2 0	
13. Removed the ice pack, noting the condition of the skin and patient reaction to the skill.	2 0	
14. Cleaned and/or replaced equipment used. Discarded disposables and placed linen in hamper. (if appropriate).	2 0	
15. Used alcohol-based handrub for hand hygiene.	2 0	
16. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17. Reported skill and observations to the physical therapist.	4 0	
<b>TOTAL POINTS --- Skill VI: (Making Ice Bag)</b>	<b>37</b>	
<b>TOTAL POINTS -- SKILL VI: (Disposable Ice Bag)</b>	<b>36</b>	
<b>70% Mastery for Skill VI (Making Ice Bag) = 25.9</b>		
<b>70% Mastery for Skill VI (Disposable Ice Bag) = 25.2</b>		

# 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.	2 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)	1 0	
9.	Rolled the patient to a side-lying position while the lower extremities are partially flexed.	1 0	
10.	Instructed the patient to look in the direction of the movement and to engage trunk muscles during the activity.	1 0	
11.	Instructed the patient that during the lift on the count of 3 to push up with one or both upper extremities.	1 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.	1 0	
16.	Supported the patient's pelvis when placed in a sitting position.	1 0	
17.	Did not leave patient in a sitting position unattended or unsupported throughout skill.	2 0	
18.	Used alcohol-based handrub for hand hygiene.	2 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>29</b>	
<b>70% Mastery for Skill VII = 20.3</b>			

# 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 & jewelry removed."	2	0		
3.	Donning Gown:				
a.	If sleeves are long rolled up above elbows before applying gown.	2	0		
b.	Lifted the gown by placing the hands inside the shoulders.	2	0		
c.	Worked arms into the sleeves of gown by gently twisting.	2	0		
d.	Placed hands inside the neckband and adjusted until in position and tied the bands at the back of the neck.	2	0		
e.	Reached behind and folded the edges of the gown so that uniform is completely covered and tied the waistband.	2	0		
4.	Donning Mask:				
a.	Secured mask under the chin and covered mouth and nose.	2	0		
b.	Tied mask securely behind head and neck by tying top ties first and bottom ties second.	2	0		
5.	Donning Gloves: Put gloves on and made sure that gloves covered the top cuff of the gown.	2	0		
6.	Removing Gown: Untied the waist ties and loosened the gown at the waist.	2	0		
7.	Removing 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.	2	0		
b.	Removed the second glove by placing the bare hand inside the cuff and pulled glove off so it is inside out.	2	0		
c.	Placed the gloves in the infectious waste container.	2	0		
d.	Used alcohol-based handrub to cleanse hands.	2	0		
8.	Removing Gown:				
a.	Untied the neck ties and loosened the gown at the shoulders handling only the inside of the gown.	2	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	2	0		
c.	Used the gown-covered hand and pulled sleeve down over the opposite hand.	2	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.	2 0	
e. With hands inside the gown at the shoulders together and turned the gown is inside out.	2 0	
f. Folded the gown in half and rolled together.	2 0	
g. Placed gown in infectious waste container.	2 0	
9. Removing Mask: a. Untied bottom ties first followed by the top ties.	2 0	
b. Held mask by top ties only and dropped into infectious waste container.	2 0	
10. Used alcohol-based handrub for hand hygiene.	2 0	
<b>TOTAL POINTS -- SKILL VIII</b> <b>70% Mastery for Skill VIII = 34.3</b>	<b>49</b>	