

## Skills Checklist for Restorative Training

Name: _____ Trainer: _____				
Date: _____				
<b>QCHF Restorative CNA Standard Curriculum</b>				
Check One: _____ Initial Certification _____ Annual				
Areas	Task	Completion		
		Date Trained	Date of Return Demonstration	Initials of Trainer
<b><i>Range of Motion</i></b>	Explain purpose, candidates, risk factors, types			
	ROM exercise			
	Shoulder exercises			
	Elbow exercises			
	Wrist exercises			
	Finger exercises			
	Thumb exercises			
	Hip exercises			
	Knee exercises			
	Ankle exercises			
	Toe exercises			
	<b><i>Bed/Mobility Transfers</i></b>	Purpose, candidates, risk factors, safety issues		
Bed mobility				
Weight bearing status				
Shower/Stretcher				
Sitting to lying				
Sitting to standing				
Standing to sitting				
Wheelchair to chair				
Lying to sitting				
Bed to wheelchair				
Mechanical lifts, Manual lifts				
Hip fracture, hemiplegia, paraplegia, amputation				
Sliding board				
Toilet transfer				
<b><i>Ambulation</i></b>		Use of gait belt		
	Precautions			
	Equipment			
	Types of gait			
	Cane			

Areas	Task	Completion		
		Date Trained	Date of Return Demonstration	Initials of Trainer
<i>Prosthetic Management</i>	Arm sling			
	AFO			
	Short leg braces			
	Long leg braces			
	Splinting devices			
<i>Positioning</i>	Lateral position: SIMS (side lying)			
	Side Lying Position (left or right Hemiparesis)			
	Supine Position (back lying or dorsal recumbent)			
	Fowlers/Semi-Fowlers position			
	Sitting position			
	Pressure points to consider in positioning			
	Wheelchair positioning			
<i>Positioning Equipment</i>	Cushions			
	Rolls			
	Pillows			
	Lap Boards			
	Restraint policy and procedure			
	Restrictive devices			
<i>ADL's</i>	Dressing, grooming, equipment and aids			
	Dressing techniques: certain disabilities			
	Dressing techniques: one handed			
	Hygiene grooming			
<i>Eating Independence</i>	Positioning			
	Adaptive Equipment			
	Compensatory Strategies			
	Thickened Liquids			
<i>Communication</i>	Communication aids			
	Communication devices			
	Memory aids			

Signature of Trainer (s): \_\_\_\_\_

Initials: \_\_\_\_\_

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