



		Hospital:	
PATIENT CARE TECHNICIAN PROGRAM			
Relieving Choking—Adult			
Name of Trainee		Date Performed	
Method of Competency Assessment: Knowledge: (W – Written; V – Verbal) Skill: (De – Demonstration; D – Discussion; O – Observation; S – Simulation) Attitude (O – Observation) Assessment Key: Tick (✓) the corresponding space provided. 0 – Not 1 – Partially Met Met-2 NA- Not Applicable		REMARKS	
Critical Steps: Patient safety and nursing standards are the basis in selection of the critical elements. Every critical element in the checklist will be highlighted with an asterisk (*). If the trainee fails to meet one or two critical elements (*), the trainee will be required to repeat the critical elements he/she may have missed. If the trainee fails to meet three and more critical elements (*), the trainee will be required to repeat the whole procedure.			
COMPETENCIES		ASSESSOR ASSESSMENT	
		0	1
		2	Competency Assessment Method
No.	KNOWLEDGE		
1	Identifies disorders that put clients at greater risk for airway obstruction		
2	Recognizes the signs and symptoms of airway obstruction.		
3	Determines which variation of the Heimlich maneuver (chest thrusts, abdominal thrusts) to use.		
No.	SKILLS		



4	Check the patient's surroundings are safe before approaching				
5	Ask "Can you cough?" (speak loudly and clearly)				
6	If effective cough (partial obstruction), encourage the patient to cough to clear obstruction				
7	If ineffective cough, call for help and proceed with first aid for choking				
Perform back blows					
8	Lean the patient forward				
9	With the heel of your hand, apply a firm blow to their back, between their shoulder blades				
10	Repeat this up to five times, unless the obstruction clears				
11	If obstruction clears, re-assess the patient. If obstruction does not clear, move on to abdominal thrusts				
Give abdominal thrusts					
12	Lean the patient forward				
13	Clench the fist of one hand, and place it between the umbilicus and the ribcage				
14	Place the other hand over your fist				
15	Pull sharply inwards and upwards				
16	Repeat this up to five times, unless the obstruction clears				
17	If the obstruction clears, re-assess the patient				

18	If the obstruction does not clear, continue alternating between five back blows and five abdominal thrusts.				
If the patient becomes unresponsive					
19	If the patient becomes unresponsive, start basic life support				
No.	ATTITUDE				
20	Maintains professionalism at throughout the procedure.				
21	Establishes rapport with the person.				
22	Preserves person's dignity.				
23	Provides privacy.				
Total Mark: _____ Total Score () x 100 = _____ No. of Evaluated Items () REMARKS: ☐ PASS ☐ NEEDS REMEDIAL ☐ FAIL (≥ 70 %) (≥ 60% – 69 %) (≤ 60 %) Assessor's Comments/Recommendations:					
NAME OF ASSESSOR		DESIGNATION		SIGNATURE OF ASSESSOR	
NAME OF TRAINEE		SIGNATURE OF TRAINEE			
Learning resources: American Heart Association (2020).					

Hospital:	
PATIENT CARE ASSISTANT PROGRAM	
Adult CPR and AED	
Name of Trainee	Date Performed
Method of Competency Assessment: Knowledge: (W – Written, V – Verbal) Skills: (De – Demonstration, D – Discussion, O – Observation, S – Simulation) Attitude (O – Observation) Assessment Key: Tick (✓) the corresponding space provided. 0 – Not Met 1 – Partially Met Met 2 NA- Not Applicable	
Critical Steps: Patient safety and nursing standards are the basis in selection of the critical elements. Every critical element in the check list will be highlighted with an asterisk (*). If the trainee fails to meet one or two critical elements (*), the trainee will be required to repeat the critical elements he/she may have missed. If the trainee fails to meet three and more critical elements (*), the trainee will be required to repeat the whole procedure.	
COMPETENCIES	ASSESSOR ASSESSMENT
	0 1 2 Competency Assessment Method
No. KNOWLEDGE	
1	Identifies if the patient unresponsiveness.
2	Determines the airway patency, normal and abnormal breathing or apnea.
3	Recognizes the complication of ineffective CPR.
No. SKILLS	

Assessment and Activation					
4	Check responsiveness				
5	Shouts for help/Activates emergency response system/Sends for AED				
6	Checks for breathing and pulse simultaneously				
Compressions					
7	Hand placement on lower half of sternum				
8	Perform continuous compressions for 2 minutes (100-120/min)				
9	Compresses at least 2 inches (5 cm)				
10	Complete chest recoil. (Optional, check if using a feedback device that measures chest recoil)				
AED (follows prompts of AED)					
11	Powers on AED				
12	Correctly attaches pads				
13	Clears for analysis				
14	Clears to safely deliver a shock				
15	Safely delivers a shock				
16	Shocks within 45 seconds of AED arrival				
17	Ensures compressions are resumed immediately after shock delivery				

No.	ATTITUDE				
18	Maintains professionalism all throughout the procedure.				
19	Establishes rapport with the person.				
20	Preserves person's dignity.				
21	Provides privacy.				
Total Score { } Total Marks x 100 = No. of Evaluated Items { } REMARKS: PASS (≥ 70 %) NEEDS REMEDIAL (≥ 60 % – 69 %) FAIL (≤ 59 %) Assessor's Comments/Recommendations:					
NAME OF ASSESSOR		DESIGNATION		SIGNATURE OF ASSESSOR	
NAME OF TRAINEE		SIGNATURE OF TRAINEE			
Learning resources: American Heart Association (2020).					