



MASTER STAFFING, INC.



COMPETENCY SKILLS CHECKLIST

CAREGIVER - BASIC SKILLS VALIDATION

Last Name

First Name

Middle Name/Initial

Instructions: Please check appropriate box. Each skill must have 1 of the 5 choices marked.

- Key Guidelines:
- A** – No Experience
 - B** – Training/Minimal Experience, Needs Supervision
 - C** – Adequate Experience
 - D** – Sufficient Skill to Perform without Supervision
 - E** – Proficient in Performing Skill

	A	B	C	D	E
Care measurements					
Blood Pressure					
Temperature					
Pulse					
Respiration					
Personal hygiene / Grooming					
Bath/Shower/Tub					
Backrub/Massage					
Skin / Decubitus care					
Hair care (Shampoo)					
Shave					
Nail care					
Oral hygiene					
Denture care					
Clothing / Dressing					
Transfers					
Weight bearing					
Non-weight bearing					
Ambulation					
Walker					
Cane					
Crutches					
Exercise and positioning					
Range of motion					
Bedmaking					
Occupied bed - linen change					
Unoccupied bed – linen change					
Turn patient					
Nutrition					
Prepare food (Breakfast, Lunch, Dinner, Snack)					
Grocery Shopping					
Recording of					
Food intake					
Bowel movements					



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	A	B	C	D	E
Fluid intake					
Fluid output					
Bowel and bladder elimination					
Bedpan / Urinal					
Care of incontinent patient					
Stoma care (Colostomy / Ileostomy)					
Bladder / Bowel training					
Empty drainage bag					
Perineal hygiene					
External catheter					
Other					
Light housekeeping					
Laundry					

Employee's Signature

Date

Verified & Checked by Director of Nursing, Master Staffing, Inc.

Date