

Master CNA Adaptive Dressing Skills Test

Eliminate sequence confusion and master the "USA First" principle. Nearly 50% of stroke survivors cannot dress independently - your technique directly impacts their dignity and independence.

Sequence Error = Immediate Failure

Dressing the strong side first is the #1 cause of test failure. There is NO recovery possible once you make this error. Practice USA First until it becomes automatic muscle memory.

Automatic Failure Prevention Checklist

Never do these: Dress strong side first, rough handling of affected limb, privacy violations, incomplete clothing fastening, unsafe bed height, missing communication requirements, or skipping provider-specific elements.

Transform Sequence Anxiety

"Do you dress the weak or strong side first? I keep getting confused about the order." - USA First eliminates this confusion forever. Practice until the sequence becomes automatic muscle memory.

Managing Evaluator Observation Pressure

"Getting nervous when evaluators watch closely affects performance even when students know the procedures." Focus on systematic preparation - practice until USA First becomes automatic muscle memory.

Step 1: Room Preparation & Privacy Protection

- Knock and wait for permission before entering room
- Close privacy curtain or door completely (automatic failure if violated)
- Explain procedure: "I'll help you change into a clean shirt while keeping you covered and comfortable"
- Gather all supplies before starting: clean shirt, bath blanket, laundry hamper

Step 2: Assessment & Critical Communication

- Review care plan to identify which arm/side is affected (weak/paralyzed)
- ■ Ask clothing preference: "Would you like the blue shirt or striped one?" (NNAAP Critical Element)
- Speak to mannequin as real person: "Let me know if you're uncomfortable"
- Engage appropriately with trained actor while following protocols

Step 3: Safe Positioning & Setup

- Position resident safely: sitting on bed edge or in locked wheelchair
- Ensure bed at proper working height - lock wheelchair wheels if applicable
- Cover resident with bath blanket to maintain privacy throughout procedure

Step 4: UNDRESSING Sequence (Strong Side First)

- ■ REMOVE soiled garment from STRONG (unaffected) arm FIRST

- Allow stronger limb to assist with removal process
- Support affected arm at elbow and wrist during garment removal
- NEVER pull or force movement of the weak limb
- Guide clothing gently over affected arm while maintaining support

Step 5: DRESSING Sequence (Affected Side First)

- ■ PUT clean garment on AFFECTED (weak) arm FIRST
- Gather sleeve material to slide easily over weak limb
- Thread weak arm through sleeve before addressing strong arm
- Support weak arm at joints while maneuvering clothing
- Move slowly and communicate what you're doing

Step 6: Complete Strong Side & Finishing

- Complete dressing the strong arm after affected side
- Allow resident to assist with functional arm if able
- Pull garment around back and position properly
- Fasten clothing completely: button shirt, tuck if needed
- Ensure garment sits comfortably without twisting

Step 7: ■ Left Side Weakness Specific Steps

- UNDESS: Remove from RIGHT (strong) arm first
- DRESS: Put garment on LEFT (affected) arm first
- Position yourself on resident's LEFT side for better access to affected limb
- Support LEFT elbow and wrist throughout procedure

Step 8: ■ Right Side Weakness Specific Steps

- UNDESS: Remove from LEFT (strong) arm first
- DRESS: Put garment on RIGHT (affected) arm first
- Position yourself on resident's RIGHT side for better access to affected limb
- Support RIGHT elbow and wrist throughout procedure

Step 9: Safety Completion & Documentation

- Position resident safely and comfortably
- Lower bed to safe height if it was raised
- Place call light within resident's reach
- Ask if resident feels comfortable in new clothing
- Dispose of soiled clothing in appropriate hamper
- Perform hand hygiene before leaving room

Step 10: Professional Communication Throughout

- Explain each step: "Now I'm going to put this sleeve on your affected arm first"
- Ask for feedback: "How does this feel? Any discomfort?"
- Encourage independence: "Great job helping with your strong arm"
- Maintain eye contact and respectful tone throughout
- Continue speaking to mannequin as if real person (Prometric requirement)