

# Master Adaptive Dressing for CNA Testing

Support stroke survivors and demonstrate professional competence. This skill requires the "USA First" principle - a critical sequence that prevents limb strain and shows proper adaptive care technique.

## Step 1: Preparation & Room Setup

- Knock and enter room, provide privacy by closing curtain/door completely
- Wash hands thoroughly with soap and warm water for 20+ seconds
- Ask "Which shirt would you like to wear today?" (NNAAP Critical Element)
- Identify which arm/side is affected from care plan or instructions
- Raise bed to safe working height and lock wheels
- Gather all clothing items before beginning procedure

## Step 2: Communication & Consent

- Explain procedure: "I'll help you dress by supporting your weak arm"
- Position resident sitting on edge of bed or in chair if possible
- Ensure adequate lighting and comfortable room temperature
- Maintain conversational tone throughout procedure

## Step 3: UNDRESSING: Strong Side First

- Begin removing hospital gown from UNAFFECTED (strong) arm first
- Gently slide gown off strong arm without rushing
- Support affected arm gently as you remove gown from weak side
- Never pull or force movement on the affected limb
- Place soiled gown in appropriate linen container

## Step 4: DRESSING: Affected Side First

- Gather sleeve opening and thread over AFFECTED hand first
- Support weak arm throughout sleeve insertion process
- Gently pull sleeve up affected arm without forcing joints
- Pull garment around resident's back to position properly
- Assist strong arm into remaining sleeve opening
- Allow resident to help with strong arm if able

## Step 5: Completion & Adjustment

- Button or fasten shirt completely and properly
- Ensure no clothing is twisted, bunched, or causing restriction

- Smooth clothing for comfort and neat appearance
- Ask resident if clothing feels comfortable
- Check that all garment adjustments support patient mobility (Prometric emphasis)

### **Step 6: Safety & Environmental Restoration**

- Position resident safely and comfortably
- Lower bed to lowest safe position
- Place call light within resident's reach
- Open curtains/door to restore room environment
- Wash hands thoroughly after completing care
- Verify all bolded safety steps completed (Headmaster requirement)

### **Step 7: Documentation & Professional Communication**

- Document care provided and patient response
- Note any changes in patient's condition or skin integrity
- Report any concerns about range of motion or pain
- Demonstrate understanding of adaptive care principles

### **Step 8: Performance Tips for Test Day**

- Verbalize your actions: "I'm dressing the affected arm first for safety"
- Demonstrate gentle limb handling throughout procedure
- Show systematic approach to support evaluator confidence
- Maintain professional composure under observation pressure
- Remember: resident/actor will NOT assist - you do all the work