

Master CNA Occupied Bed Change Skills Test

Achieve the 96.48% pass rate with confidence. This high-success skill requires systematic technique and attention to critical safety points. Follow this provider-specific checklist for testing success.

Step 1: Preparation Phase (Steps 1-4)

- Collect clean linens away from uniform: bottom sheet, top sheet, pillowcase, bath blanket
- Place clean linens on clean surface (overbed table or chair) - never on contaminated surfaces
- Knock, enter, identify yourself: "I'm going to change your bed linens while keeping you comfortable"
- Obtain patient consent before proceeding with the procedure
- Perform hand hygiene using soap and water or sanitizer
- Close door or draw privacy curtain completely
- Raise bed to comfortable working height and lock wheels
- Lower head of bed if elevated, position patient safely in center

Step 2: First Side Technique (Steps 5-8)

- Cover patient with bath blanket BEFORE removing top linens
- ■ CRITICAL: Raise far side rail for safety before patient movement
- Assist patient to roll toward raised side rail, supporting their back
- Ensure patient remains covered and never positioned unsafely near bed edge
- Roll dirty bottom sheet toward patient's back with soiled side inward
- Place clean bottom sheet on exposed mattress area
- If fitted sheet: secure corners on your side. If flat sheet: tuck at head and sides
- Roll excess clean sheet toward patient to prepare for transfer

Step 3: Transfer Phase (Steps 9-11)

- Move to opposite side of bed safely
- Raise side rail on the side you just worked
- Lower rail on new working side
- Help patient roll over linen bundle onto clean sheet side
- Provide continuous support and maintain coverage with bath blanket
- ■ Headmaster: Patient never touches bare mattress throughout transfer
- Remove all dirty linens by rolling inward (soiled side contained)
- Place dirty linens directly in hamper - avoid contact with uniform or floor

Step 4: Completion Phase (Steps 12-15)

- Pull clean bottom sheet taut and secure all corners properly
- Remove all wrinkles that could cause pressure injuries
- For fitted sheets: ensure all corners properly placed. For flat sheets: tuck tightly
- Place clean top sheet over patient BEFORE removing bath blanket
- ■ NNAAP Critical: NEVER expose patient during any phase of linen change

- Remove old top sheet from underneath new one while maintaining coverage
- Tuck top sheet loosely at foot, create toe pleat for comfort
- Change pillowcase using inside-out technique to prevent contamination
- Replace pillow under patient's head gently

Step 5: Critical Completion Steps

- ■ MANDATORY: Lower bed to lowest position (automatic fail if missed)
- Lock bed wheels for stability
- Ensure call light is within patient's reach
- Verify patient comfort: "Are you comfortable? Do you need anything?"
- Perform final hand hygiene before leaving room
- Demonstrate indirect care behaviors throughout (Prometric focus)

Step 6: Professional Communication & Dignity

- Maintain professional conversation throughout procedure
- Narrate actions: "I'm placing the clean sheet now while keeping you covered"
- Respect patient privacy and dignity at all times
- Use proper body mechanics during all movements
- Work methodically - remember you have adequate time

Why This Skill Has High Success Rates

96.48% pass rate vs 75.8% for pulse measurement. Occupied bed changes are highly manageable when you understand the proper technique and avoid the critical mistakes that cause the 3.5% failure rate.

Critical Safety Rule

40% of failures are safety-related. ALWAYS raise the far side rail before rolling patient. Forgetting to lower bed at completion = automatic failure due to fall risk.

Infection Control Critical

30% of failures are contamination-related. Never let dirty linens touch your uniform or floor. Roll soiled linens inward (dirty side contained) and place directly in hamper.

Failure Analysis Breakdown

Safety failures (40%): Bed height, side rails. Infection control (30%): Linen contamination. Privacy violations (20%): Patient exposure. Completion oversights (10%): Call light, final safety checks.

Automatic Failure Points

Never do these: Forget to lower bed, leave patient unsupported, allow linen contamination, expose patient during changes, skip side rail safety, leave call light unreachable, or rush through critical steps.