

## Skills Checklist: Passive ROM One Elbow and Wrist

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| <b>Skills Checklist: Provide resident with passive range of motion (ROM) exercises to one elbow and wrist</b> |   | <b>YES</b> | <b>NO</b> |
|---|---|------------|-----------|
| <b>1</b>  | Greet resident, address by name, and introduce self? (IC)   |            |           |
| <b>2</b>  | Provide explanations to resident about care before beginning and during care? (IC)                      |            |           |
| <b>3</b>  | Exercise <b>only correct joints</b> and <b>only correct side</b> when performing range of motion (ROM)? |            |           |
| <b>4</b>  | Support extremity to protect the working joint throughout ROM exercises?                                |            |           |
| <b>5</b>  | Bend and straighten arm at elbow through ROM (flexion/extension)?                                       |            |           |
| <b>6</b>  | Move wrist through ROM by bending wrist to move hand down and back (flexion and hyperextension)?        |            |           |
| <b>7</b>  | Ask resident to report discomfort during ROM or ask if resident has discomfort during ROM exercises?    |            |           |
| <b>8</b>  | Control extremity throughout ROM exercises providing smooth, slow, non-forceful movement?               |            |           |
| <b>9</b>  | Ask resident about preferences during care? (IC)  |            |           |
| <b>10</b>   | Use Standard Precautions and infection control measures when providing care? (IC)                       |            |           |
| <b>11</b>   | Ask resident about comfort or needs during care or before care completed? (IC)                          |            |           |
| <b>12</b>   | Promote resident's rights during care? (IC)   |            |           |
| <b>13</b>   | Promote resident's safety during care? (IC)   |            |           |