

#5 - PERFORMING A BACK MASSAGE**(Partner Check-Off)**

I acknowledge I have physically practiced and successfully learned the following skill(s):

Student: _____ Date: _____

	P1	P2	P3	Comments
1. Verified health care provider's orders.				
2. Performed hand hygiene.				
3. Provided privacy for the patient.				
4. Introduced self to patient and family.				
5. Identified patient using two identifiers.				
6. Assessed patient's pain level, offered analgesics if needed.				
7. Gathered necessary equipment and supplies.				
8. Prepared patient's environment appropriately: <ul style="list-style-type: none"> a. Adjusted temperature to suit patient. b. Adjusted lighting appropriately. c. Eliminated unnecessary interruptions, coordinated care activities to allow for rest. 				
9. Adjusted bed to a comfortable working height.				
10. Placed patient in comfortable position, elevated head of bed if patient has difficulty breathing.				
11. Offered to play background music.				
12. Assessed for allergies.				
13. Untied hospital gown, draped patient appropriately.				
14. Assessed skin, applied gloves if necessary.				
15. Warmed lotion in hands or in basin of water if appropriate.				
16. Chose proper stroke technique for desired affect and body part to be massaged.				

- | | | | | |
|--|--|--|--|--|
| 17. Encouraged patient to breathe deeply and relax during massage. | | | | |
| 18. Did not allow hands to leave patient's skin. | | | | |
| 19. Used circular motion on the sacral area, stroked skin upward properly. | | | | |
| 20. Used effleurage along muscles of the spine.
Used pétrissage on muscles of each shoulder. | | | | |
| 21. Used palms in circular motion to massage up from lower buttocks to neck. | | | | |
| 22. Kneaded muscles of upper back and shoulders properly. | | | | |
| 23. Used both hands to knead muscles up one side of patient's back then down the other. | | | | |
| 24. Ended massage with long, stroking effleurage. Told patient when finished. | | | | |
| 25. Wiped excess lotion or oil from patient's body with bath towel. | | | | |
| 26. Instructed patient to inhale deeply and exhale, cautioned him or her to rest and move slowly. | | | | |
| 27. Had patient turn slowly after resting. | | | | |
| 28. Raised side rails and lowered bed as necessary for patient safety. | | | | |
| 29. Helped patient into comfortable position, placed toiletries and personal items within reach. Assessed Pain level | | | | |
| 30. Placed call light within reach, ensured patient knew how to use it. | | | | |
| 31. Disposed of use supplies and equipment, left patient's room tidy. | | | | |
| 32. Removed and disposed of gloves if used, performed hand hygiene. | | | | |
| 33. Documented and reported patient's response and outcomes, documented comfort level. | | | | |

S = Satisfactory **U** = Unsatisfactory **NP** = Not Performed *****=Must Perform to Pass

By signing below I acknowledge that I witnessed the skill performed and the student successfully passed the skill.

Practice 1: Evaluator: _____ Signature: _____

Practice 2: Evaluator: _____ Signature: _____

FINAL Student Evaluator: _____ Signature: _____