

Example Competency Assessment Form

Hand grip strength

Name:	Department: Nutrition and Dietetics	Role:
--------------	--------------------------------------------	--------------

Clinical Skill:	Undertaking a hand grip strength measurement using a dynamometer
Aim & Objectives:	<p>To enable the above-named person to undertake the outlined clinical task safely effectively and competently</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Demonstrate the knowledge and skills necessary for the safe completion of this task • Demonstrate understanding of own scope of practice when carrying out this task and when to seek additional support
Pre-requisites:	<ul style="list-style-type: none"> • Completion of the anthropometry tutorial • Review the BDA PENG Parenteral & Enteral Nutrition Specialist Group. A Pocket Guide to Clinical Nutrition (2018). Assessment 2. 2.35 Hand grip strength
Assessment:	Using performance criteria below. Assessment of competence will be by a Specialist Dietitian or an appropriate member of staff with appropriate experience in this skill
Risk assessment:	LOW (level of risk of harm due to user error)
Update:	Competence to be reviewed annually by an appropriate member of staff who themselves is deemed competent in the identified skill. This should be addressed at the Individual Performance Development Review (IPDR).

The practitioner can demonstrate the following knowledge:	(Tick)
Understands and can explain the steps involved in completing the skill	
Understands and can explain the relevance and importance of the task, and implications if not completed	
Understands and can explain how frequently the task should be completed, and the importance of procedural consistency when undertaking the measurement	
Understands and can explain the circumstances in which undertaking a hand grip strength measurement would not be appropriate	
Understands and can explain the escalation protocols, for situations outside of the agreed protocol	
Understands and can explain all trust documentation relevant to the task	

I confirm that the above-named practitioner has successfully demonstrated the theoretical knowledge required for this competency:

Signed:		Date:	
Print Name:		Position:	
DT Number:			

The practitioner can demonstrate the following clinical skills:		Demonstration Attempt		
		1	2	3
Undertakes a dynamic risk assessment to determine appropriateness of proceeding with the delegated task.				
Demonstrates effective communication, building of rapport and gaining service user consent or, other (as required)				
<p>Able to provide a clear and concise explanation, and demonstration, to the service user on how the measurement is taken including:</p> <ul style="list-style-type: none"> - holding the Dynamometer in the non-dominant hand (as appropriate) - correct positioning if standing: extend their arm from the elbow to completely extended position (or as far as able to extend) - correct positioning if seated or lying: flexes (bends) the arm at the elbow and holds the Dynamometer at 90-degree angle to body - picking the Dynamometer up with the base resting in the heel of the palm, and the handle resting on the middle of the four fingers - when ready, squeezing the handle of the dynamometer with maximum isometric effort, into the base (towards the palm of their hand) and maintaining effort for about 5 seconds, ensuring the rest of body is kept still - provides at least a 15 second rest and then the measurement is repeated 3 times, where possible 				
Able to appropriately correct the position or action of the service user, when required				
Able to accurately record the reading on the Dynamometer, after each measurement				
Able to accurately calculate the average of three measurements.				
Able to check reference data in Dynamometer handbook and record service user effort				
Demonstrates correct hygiene and personal protective equipment (PPE) protocol for the task, including cleaning all equipment and discarding PPE (as appropriate)				
Demonstrates appropriate documentation of the procedure, including results, hand used and any other clinical justifications as indicated, in the service users' records				
Demonstrates appropriate reporting to the task supervisor, as required				
I confirm that the above-named practitioner has completed the assessment competently at all observations required for this task.				
Signed:		Date:		
Print Name:		Position:		
DT Number:				

Assessors' comments
Practitioners' comments

Declaration			
I confirm that I have had theoretical and practical instruction on how to safely and competently measure hand grip strength using a dynamometer , and agree to comply with the local workplace policies and procedures. I acknowledge that it is my responsibility to maintain and update my knowledge and skills relating to this competency.			
Signed:		Date:	
Print Name:		Position:	

Office Use Only

Author Details			
Name:		Position:	
Signed:		Date:	
DT Number:			

Peer Reviewer Details:			
Name:		Position:	
Signed:		Date:	
DT Number:			

Competency Review Date:	
-------------------------	--