

Nursing Skills Assessment Rubric: Acupoint Application*(Revised October 2024, Sir Run Run Shaw Hospital, Zhejiang University School of Medicine)***I. Preparation of Equipment**

1. Treatment tray	2. Prescribed medication	3. Application pads (Plasters)	4. Cotton swabs
5. Patient's towel and washbasin (if necessary)	6. Medical adhesive tape (if necessary)	8. Bandage, skin prep razor (if necessary)	9. Personal Digital Assistant (PDA)

II. Operational Procedure

Assessment Category	Operational Standards	Score	Deduction Criteria
Professional Demeanor	Neat attire, appropriate hairstyle conforming to hospital regulations, enthusiastic and generous manner.	1	Improper attire: -0.5 pts Improper hairstyle: -0.5 pts
Nurse Preparation	Wash hands, wear a surgical mask.	1	Did not wash hands or incorrect method: -0.5 pts Did not wear mask or incorrect wearing: -0.5 pts
Pre-procedure Assessment	1. Assess the patient's allergy history to medications, adhesive tape, and application pads. 2. Observe the patient's complexion, tongue coating, tongue body, local skin condition of the acupoints, and take the pulse. 3. Assess the patient's willingness and compliance regarding acupoint application.	8	Did not assess medication allergy: -1 pt Did not assess pad/tape allergy: -1 pt Did not assess complexion: -1 pt Did not assess tongue manifestation: -1 pt Did not take pulse: -1 pt Did not assess local skin condition: -1 pt Did not assess willingness: -1 pt Did not assess compliance: -1 pt
Pre-procedure Preparation	Check the TCM treatment order in the medical record to understand the reason, purpose, selected herbal formula, and acupoints for the therapy. Record the acupoints and medications if necessary.	8	Did not check TCM treatment order: -8 pts Did not check reason, purpose, acupoints, or medication (Missing one item: -2 pts)
	1. Verify the herbal medicine against the TCM order or medical order. 2. Pour the herbal powder into a treatment bowl, add the excipient (e.g., ginger juice), and mix evenly into a paste using a cotton swab. 3. Spread the prepared medication paste evenly onto the application pad.	10	Medication not verified: -4 pts Improper preparation (too thin or too dry): -2 pts each Wasted herbal materials during preparation: -2 pts Did not spread paste onto the pad: -4 pts Paste spread unevenly on the pad: -2 pts
Execution of Procedure	Bring the equipment to the bedside, introduce oneself.	2	Incomplete equipment preparation: -1 pt No self-introduction: -1 pt
	Verify patient identity, check medical (or nursing) orders.	4	Did not verify identity: -2 pts Did not check orders: -2 pts
	Explain the purpose of the acupoint application to the patient and family, inform them of precautions.	8	Did not explain: -4 pts Unreasonable explanation: -2 pts Did not inform of precautions: -4 pts
	Inquire about urine/bowel movements, assist into a comfortable position, fully expose the application site, ensure warmth, and use curtains for privacy if necessary.	4	Did not ask about urine/bowel: -1 pt Did not assist into comfortable position: -1 pt Did not fully expose the site: -1 pt Did not ensure warmth: -1 pt

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	Locating Acupoints: Use PDA to re-verify acupoints, locate accurately and press. <i>(The patient should feel soreness, numbness, distension, pain, or radiating sensation indicating Deqi).</i>	8	Did not re-verify orders via PDA: -2 pts Inaccurate acupoints: -4 pts Unable to state how to locate the point: -2 pts
	Cleaning: 1. If necessary, remove the previous application pad and wipe off residual paste. 2. Clean the skin with a towel and warm water. Shave long hair if necessary (the shaved area should be larger than the plaster size).	8	Did not wipe off residual paste: -2 pts Did not clean skin with towel and warm water: -2 pts Did not shave long hair: -2 pts Shaved area not larger than plaster: -2 pts
	Observation: Observe local skin condition and the effect of the previous application. If allergic reactions (papules, blisters, redness, itching) are found, stop use immediately and manage promptly.	8	Did not observe local skin condition: -4 pts Did not observe application effect: -4 pts
Applying Medication	Apply the medicated pad to the affected area/acupoint. Ensure appropriate size and handle gently.	4	Application misplaced/shifted: -2 pts Rough handling: -2 pts
Patient Education	Educate patient and family on precautions: 1. The application time is generally 4 to 6 hours; 2. Keep the pad dry during the application period; 3. If skin itching, redness, swelling, burning, or pain occurs, notify medical staff immediately; 4. If the pad shifts or falls off, notify medical staff.	8	Missing one item: -2 pts
Post-procedure Cleanup	Assist the patient in dressing, position them comfortably, and tidy the bed unit.	2	Did not assist with dressing: -0.5 pts Did not position comfortably: -1 pt Did not tidy bed unit: -0.5 pts
	Clean up equipment, wash hands.	1	Improper waste disposal: -0.5 pts Did not wash hands after cleanup: -0.5 pts
Documentation	Record the application time, applied acupoints, local skin condition, patient's subjective complaints, and education provided.	5	Missing one item: -1 pt
Risk Management	Verbally state common risks (allergy, local skin infection) and their causes.	2	Failed to state risk of allergy and cause: -1 pt Failed to state risk of infection and cause: -1 pt
Overall Performance	Demonstrate humanistic care throughout the procedure.	3	Did not show humanistic care: -3 pts
	The procedure is performed proficiently, smoothly, and in the correct sequence.	3	Not proficient: -1 pt Exceeded time limit (> 10 minutes): -1 pt Incorrect procedural sequence: -1 pt
	State the storage conditions and shelf life of the herbal powder and the excipient.	2	Incorrect powder storage condition: -0.5 pts Incorrect powder shelf life: -0.5 pts Incorrect excipient storage condition: -0.5 pts Incorrect excipient shelf life: -0.5 pts

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Total		100	
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III. Risk Warning and Management of Adverse Events

1. Allergic Reactions

Risk Assessment: The primary risks are allergic reactions and local skin infections.

(1) Causes:

- ① The skin at the application site is thin and tender;
 - ② The medication is too irritating/stimulating;
 - ③ The application duration is too long;
 - ④ Allergy to the adhesive tape.
- (2) Clinical Manifestations: Erythema (redness), papules, blisters, and pruritus (itching) on the skin.

(3) Prevention and Treatment:

- ① Assess the patient's constitution and local skin condition of the application site prior to procedure;
- ② Assess the medication allergy history prior to application;
- ③ Spread the medication evenly and moderately; the application duration should preferably be within 24 hours;
- ④ If an allergic reaction occurs, stop use immediately, report to the physician, and assist with medical treatment.

2. Infection

(1) Causes: Skin breakdown secondary to allergic reactions from the application, leading to infection.

(2) Clinical Manifestations: Redness, erosion, and localized skin pain.

(3) Prevention and Treatment:

- ① Stop the application immediately and report to the physician;
- ② Clean and disinfect the skin prior to application;
- ③ Protect the broken skin and administer prescribed medications.

Precautions regarding Storage:

1. For unopened herbal powder, the recommended shelf life is 6 months; for opened herbal powder, it should be stored in a sealed ceramic jar or similar container, with a recommended shelf life of 1 month.
2. The recommended storage conditions for ginger juice in our hospital are: 2 weeks when refrigerated at 2-8°C, and 1 month when frozen. Repeated freezing and thawing is not recommended. Once thawed, it should be refrigerated and used as soon as possible.