

Skin Testing Competency

For periodically assessing the performance of testing technicians

1. Verifies that all testing supplies and epinephrine are available prior to the start of the skin test	☐	☐	☐
2. Verifies that the patient has been off of antihistamines for 48 to 72 hours	☐	☐	☐
3. Explains the test to the patient, including the following:			
a. Shows patient the 10-spot applicator prior to applying to the skin	☐	☐	☐
b. Discusses with patient the optimal site for testing	☐	☐	☐
• Recommends the back or the volar surface of the arms			
• Avoids tattoos, burns, large scars, dermographism			
4. Cleans the skin with alcohol (large enough area to accommodate all test applicators)	☐	☐	☐
5. When food testing only:			
a. Selects an area for positive and negative control placement	☐	☐	☐
b. Places the single prick applicators a minimum of 3 cm away from other test sites	☐	☐	☐
c. Applies test applicators to cleansed skin with moderate pressure	☐	☐	☐
6. Ensures all 10-applicator prongs have punctured the epidermal layer of skin	☐	☐	☐
a. Avoids excessive pressure—skin should not bleed or cause significant pain	☐	☐	☐
7. Sets timer for 15 minutes	☐	☐	☐
8. Advises patient not to touch, scratch, rub or lean against chair while the antigens are on the skin	☐	☐	☐
9. Checks on patient a minimum of 1 time during the 15-minute wait time	☐	☐	☐
10. Observes for signs/symptoms of a potential adverse reaction			
a. Shortness of breath, difficulty breathing, sensation of throat closing	☐	☐	☐
11. After a minimum of 15 minutes, removes residual antigens with alcohol	☐	☐	☐
12. Accurately measures the wheal size using the Reaction Reader Guide	☐	☐	☐
13. Records the wheal size on the corresponding Allergy Skin Testing Sheet	☐	☐	☐
a. Always measures in odd numbers and rounds up when appropriate	☐	☐	☐
14. Properly interprets the positive and negative controls	☐	☐	☐
a. Positive reaction (>7mm) with NEGATIVE control indicates skin sensitivity and may not yield accurate results			
b. Minimal response (< 5 mm) with the POSITIVE control usually indicates histamine blockage in patient			

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| 15. Applies hydrocortisone cream or other anti-itch cream to test site if needed and deemed appropriate by provider | ☐ | ☐ | ☐ |
| 16. Educates patient about after-effects of testing | | | |
| a. Explains that redness and itching typically resolve within 30 to 60 minutes | ☐ | ☐ | ☐ |
| b. Instructs the patient to seek medical attention if shortness of breath or difficulty breathing occurs | ☐ | ☐ | ☐ |
| c. Advises the patient that antihistamines can be administered if itching continues | ☐ | ☐ | ☐ |
| 17. Provides test results to the provider to discuss with patient | ☐ | ☐ | ☐ |
| 18. Files test results in patient's chart | ☐ | ☐ | ☐ |

_____	_____
Print Employee Name	Date
_____	_____
Employee Signature	Date
Reviewed by _____	_____
	Date