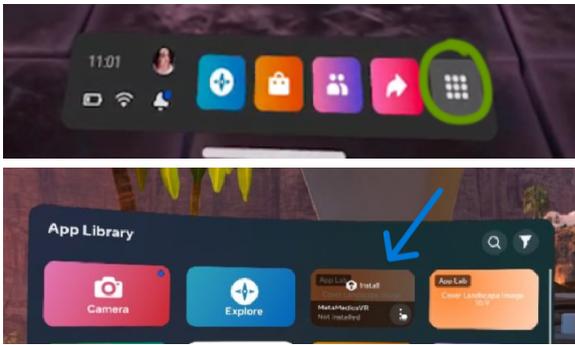


# CNA VR Skills Instructions



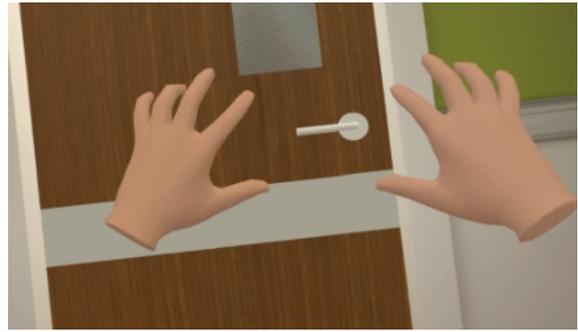
HAND TRACKING	HAND GESTURES
<p>Enable hand tracking Put on the headset and go to the "Settings" menu. Select "Movement Tracking" and then turn on the "Hand Tracking" toggle.</p> <p><a href="#">Enable Handtracking Video Example</a></p>	<p>After enabling hand tracking, your Meta Quest 2 will guide you through the hand gesture tutorial. Follow the instructions to learn the different hand gestures recognized by the headset.</p> <p><a href="#">Handtracking Hand Gestures Video Example</a></p>
<p>Once you have completed the hand gesture tutorial, you can use hand tracking in compatible apps and games. To activate hand tracking, simply place your hands in front of the headset's cameras, and the sensors will detect and track your hand movements.</p>	

CNA SKILLS APP	
<p>You can open the app menu on the Oculus headset by clicking on the app menu icon in the lower-left corner of the menu bar.</p> <p><a href="#">Open and log in to the CNA Skills App Video</a></p>	

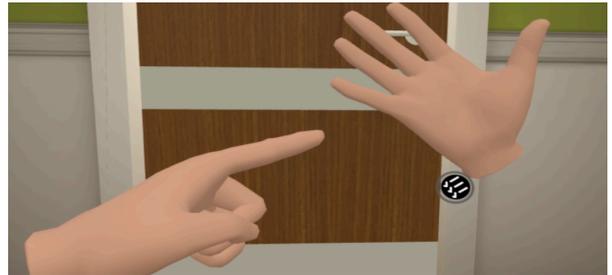
SKILL INSTRUCTIONAL VIDEOS
<ul style="list-style-type: none"> <li>• <a href="#">BedPan Example</a></li> <li>• <a href="#">ResidentSide Example</a></li> <li>• <a href="#">Transfer Resident Example</a></li> <li>• <a href="#">FootCare Example</a></li> <li>• <a href="#">PPE Example</a></li> </ul>

## INTERACTION GUIDE FOR HAND-TRACKING

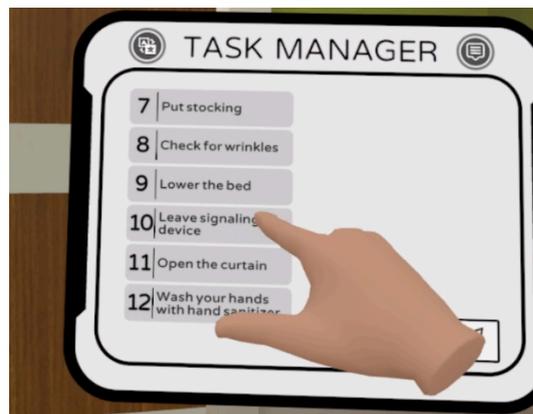
Once inside the app, you can see your virtual hands directly in front of you



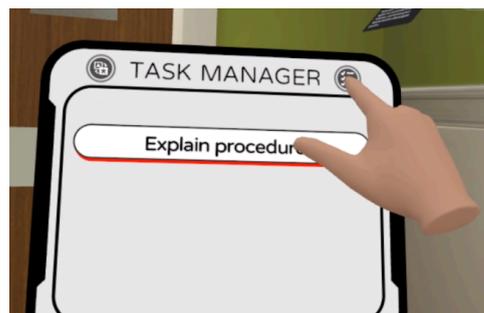
If you turn your right hand and look at the palm, you will see a black button above your wrist. Pressing this button will open the menu.



In this menu, you can view the list of tasks for the skill by swiping up and down to navigate through it. The task background will turn green once you complete them or red if you fail them.



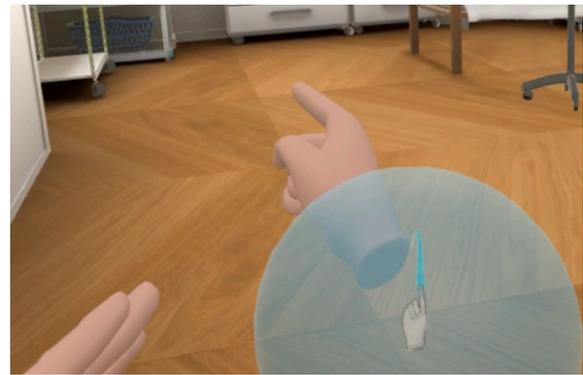
The button in the top right corner displays a list of available protocol dialogues, and the button in the top left corner changes the language.



To make it easier to navigate, the Task Manager can be carried like any other object, eliminating the need to open and close it while constantly moving around the scenario.

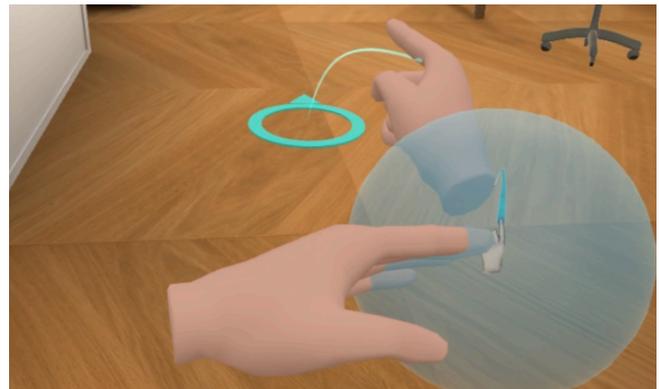


Let me explain how we can move around the environment using teleportation. A blue bubble appears on the wrist when we make a fist and point the index finger.

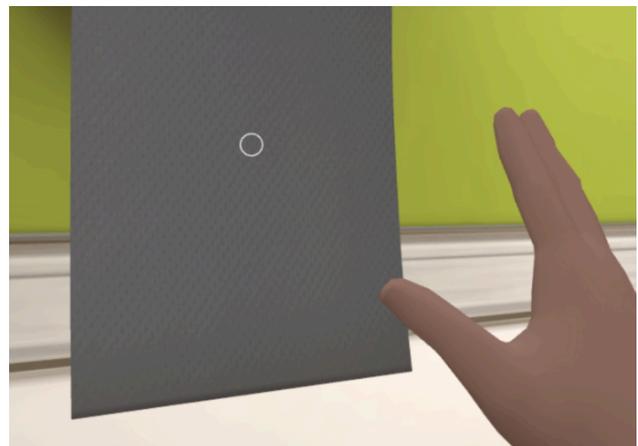


As soon as we introduce a finger into the bubble, we will observe an arc, which will guide us to the teleportation destination.

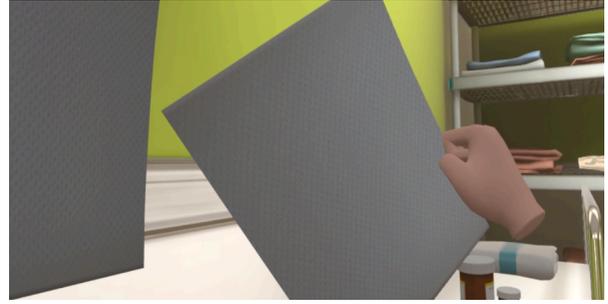
Once we remove our hand from the bubble, we will verify if the location marked by the arc is accurate and teleport to that location. If we wish to cancel the teleport, we simply need to change the gesture of our right hand by either opening it or closing it completely, which will cause the bubble to disappear.



When interacting with objects like the blotting paper in the image, moving your hand closer causes a small white circle to appear.



At this point, we can close our hands as if we were grasping it. Note that while holding an object, you can continue teleporting as described above.



During practice mode, the user will be guided by holograms when interacting with the environment.



For additional information about the MetaMedics VR CNA App, please contact:

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[CNA VR Training](#)

