

Name: _____

Nursing - Registered Nursing Training

Directions:

Evaluate the student by entering the appropriate number to indicate the degree of competency. The rating for each task should reflect employability readiness rather than the grades given in class.

Student Rating Scale:

- 0 No Exposure** – no experience/knowledge in this area
- 1 Knowledge Received** – area is understood
- 2 Limited Skill** – has exposure, but additional training and supervision is required
- 3 Moderately Skilled** – limited training and supervision may be required, but progress is being made
- 4 Skilled** – no additional training is required; the competency has been mastered and knowledge can be transferred to other applications

0	1	2	3	4	A. Perform Medical Aseptic Procedures	Notes:
					1. Wash hands	
					2. Clean and disinfect equipment	
					3. Dispose of contaminated equipment and material	
					4. Use principles of universal precautions (e.g., personal protective equipment)	
					5. Differentiate between airborne, contact, and reverse isolation precautions	
					6. Apply principles of aseptic techniques in various environments (e.g., home, clinic, and schools)	
					7. Teach the client and staff aseptic techniques	
					8. Apply sterile gloves	
					9. Remove sterile gloves	
					10. Differentiate between a surgical scrub and a medical scrub	
					Other:	

0	1	2	3	4	B. Utilizing Principles of Communication	Notes:
					1. Collaborate with multidisciplinary team members in admission, transfer, and discharge planning	
					2. Document nursing care accurately using various forms of technology	
					3. Develop a nursing care plan for clients with commonly occurring illnesses	
					4. Initiate a nursing care plan for clients with commonly occurring illnesses	
					5. Manage the revisions of the nursing care plan for clients with commonly occurring illnesses	
					6. Lead client care conferences	
					7. Collaborate with the physician on the plan of care	
					8. Communicate pertinent data to multidisciplinary team members	
					9. Respond to the holistic needs of the client and family	
					10. Demonstrate principles of the teaching and learning process	
					11. Use appropriate medical terminology and abbreviations	

					12. Demonstrate how to deal with hostile individuals	
					13. Prepare incident reports	
					Other:	

0	1	2	3	4	C. Assist with Mobility	Notes:
					1. Use principles of body mechanics	
					2. Maintain the clients body alignment	
					3. Demonstrate various transfer techniques	
					4. Assist the client to ambulate	
					5. Assist the client with active range of motion exercises	
					6. Perform passive range of motion exercises (e.g., use a CPM)	
					7. Assist the client to ambulate with assistive devices (e.g., walkers, gait belt, and cane)	
					8. Apply devices to the client to prevent atrophy and skin breakdown	
					9. Teach the client and family transfer techniques	
					10. Adapt mobility techniques for home care	
					11. Maintain various forms of traction	
					12. Perform cast care	
					13. Teach cast care	
					14. Provide pressure ulcer care	
					15. Perform measures to prevent skin breakdown	
					Other:	

0	1	2	3	4	D. Perform Safety Functions	Notes:
					1. Maintain a safe client environment	
					2. Teach the client and family safety techniques	
					3. Implement seizure precautions	
					4. Utilize restraints according to written guidelines	
					5. Implement the plan of care for those at risk for injury to self and/or others	
					6. Implement safety precautions against chemical and environmental risks (e.g., medications and environment)	
					7. Implement safety procedures according to written guidelines (e.g., disaster and infant abduction)	
					Other:	

0	1	2	3	4	E. Provide Personal Care and Comfort Measures	Notes:
					1. Assist or feed the client	
					2. Assist the client with dressing and undressing	
					3. Provide personal hygiene	
					4. Provide foot care	
					5. Give a back rub	
					6. Provide privacy for the client while preserving dignity	
					7. Maintain skin integrity	
					8. Give therapeutic baths	
					9. Make an unoccupied bed	
					10. Make an occupied bed	
					11. Incorporate client preferences when managing care (e.g., religion, culture, developmental, and emotional)	
					12. Teach the client and/or caregiver how to perform activities of daily living	
					13. Apply local cold and heat application	
					14. Manage pain	
					15. Teach the client, caregiver, and/or groups self-assessment	
					16. Perform postmortem care	
					Other:	

0	1	2	3	4	F. Conduct Basic Assessments	Notes:
					1. Obtain a health history	
					2. Perform a basic physical assessment using age-appropriate techniques	
					3. Assess the level of cognitive function	
					4. Perform a neurological check	
					5. Describe the parameters for assessing fluid and electrolyte balance	
					6. Assess vital signs using various methods	
					7. Assess for pain utilizing various pain scales	
					8. Measure height and weight for all age groups	
					9. Assist with therapeutic and diagnostic procedures	
					10. Monitor basic diagnostic test results	
					11. Report basic diagnostic test results	

					12. Collect various specimens	
					13. Assess suspected abuse cases (e.g., child and elderly)	
					14. Intervene appropriately in suspected abuse cases (e.g., child or elderly)	
					Other:	

0	1	2	3	4	G. Assist with Elimination	Notes:
					1. Assist the client with urinary elimination	
					2. Apply a condom-draining apparatus (e.g., Texas Catheter)	
					3. Perform urinary bladder catheterization (e.g., straight and foley)	
					4. Manage the irrigation of urinary catheters	
					5. Set-up a catheter drainage system	
					6. Monitor a catheter drainage system	
					7. Empty a catheter drainage system	
					8. Remove a catheter drainage system	
					9. Set-up continuous bladder irrigation (CBI)	
					10. Monitor and maintain CBI	
					11. Remove CBI	
					12. Manage catheter care	
					13. Strain urine	
					14. Observe and record output	
					15. Instruct on bladder and bowel retraining	
					16. Remove a fecal impaction	
					17. Administer enemas	
					18. Insert a rectal tube	
					19. Provide ostomy care	
					20. Manage the care of renal access devices	
					21. Teach the client and/or caregiver self-care techniques to manage elimination	
					22. Apply the nursing process to clients experiencing altered elimination	
					Other:	

0	1	2	3	4	H. Apply Principles of Nutrition	Notes:
					1. Manage food and fluid balance	
					2. Utilize principles of diet therapy in administering client care	
					3. Describe the relationship between gastric function, health, and nutrition across the lifespan	
					4. Insert a nasogastric / feeding tube	
					5. Maintain a nasogastric / feeding tube	
					6. Administer tube feedings	
					7. Monitor and maintain tube feedings	
					8. Manage enteral feedings delivered through various devices	
					9. Manage parenteral nutrition	
					10. Manage nasogastric suction and irrigation	
					11. Teach the client and/or caregiver how to adjust their lifestyle to dietary changes	
					12. Apply the nursing process to individuals experiencing nutritional or gastrointestinal disorders	
					Other:	

0	1	2	3	4	I. Provide Cardiopulmonary Care	Notes:
					1. Manage the administration of oxygen by various devices	
					2. Perform pulse oximetry	
					3. Perform infant and child cardiopulmonary resuscitation (CPR)	
					4. Perform adult CPR	
					5. Manage air humidification	
					6. Perform postural drainage	
					7. Suction the naso-oral-pharyngeal passage	
					8. Provide tracheostomy care	
					9. Insert an oral airway (child and adult)	
					10. Manage the client with assisted ventilation	
					11. Maintain chest tubes	
					12. Perform central and peripheral vascular assessment	
					13. Apply antiembolic devices	
					14. Use principles of hemodynamic monitoring in client care	
					15. Apply telemetry leads	

					16. Recognize life-threatening arrhythmias	
					17. Analyze blood gases	
					18. Control bleeding	
					19. Teach the client and/or caregiver the signs and symptoms of altered cardiopulmonary function	
					20. Apply the nursing process to individuals experiencing altered cardiopulmonary function	
					Other:	

0	1	2	3	4	J. Provide Peri-Operative Care	Notes:
					1. Apply bandages	
					2. Apply wet to dry dressing	
					3. Apply sterile dressings	
					4. Irrigate a wound	
					5. Manage pre-operative care	
					6. Manage the post-operative phase	
					7. Differentiate between the types and purposes of drainage devices	
					8. Manage the care of various drainage devices	
					9. Remove packings/drains	
					10. Remove staples/sutures	
					11. Perform pre-operative teaching based on written guidelines	
					12. Perform post-operative teaching based on written guidelines	
					13. Apply the nursing process to clients undergoing surgical procedures	
					Other:	

0	1	2	3	4	K. Apply Nursing Care Principles to Mental Health	Notes:
					1. Describe the importance of physical and mental health throughout the lifespan	
					2. Utilize principles of therapeutic communication across the lifespan	
					3. Apply basic concepts of stress in relation to illness and health	
					4. Manage nursing care for the substance abuse client	
					5. Counsel the client and/or caregiver experiencing grief and loss	
					6. Recognize individuals who are a danger to self and/or others	
					7. Teach the client and/or caregiver signs and symptoms of psychopathology and positive coping mechanisms	

					8. Apply the nursing process to clients experiencing alterations in mental health	
					Other:	

0	1	2	3	4	L. Providing Maternal/Child Nursing Care	Notes:
					1. Provide family -centered maternal and child care	
					2. Describe normal anatomical and physiological changes that occur with pregnancy	
					3. Describe emotional responses occurring with pregnancy	
					4. Differentiate between the stages of normal fetal development	
					5. Recognize pregnancy complications	
					6. Describe stages of normal labor	
					7. Describe common complications of labor	
					8. Manage nursing care for normal labor clients	
					9. Manage nursing care for normal delivery	
					10. Assist with nursing care for clients with complicated labor	
					11. Differentiate between the nursing care required for vaginal and caesarian-section deliveries	
					12. Describe the normal physiological, emotional, and role/relationship changes occurring during postpartum	
					13. Manage nursing care for normal postpartum clients	
					14. Manage common complications occurring during postpartum	
					15. Teach postpartum self-care	
					16. Differentiate between a normal newborn and a newborn with complications	
					17. Perform newborn maturity assessments	
					18. Manage nursing care for a circumcised newborn	
					19. Perform heel sticks according to guidelines	
					20. Provide safety and security for a newborn	
					21. Manage nursing care for the newborn	
					22. Apply fetal monitoring concepts	
					23. Teach the mother and/or caregiver newborn care based on written protocol (e.g., feeding, safety, and growth and development)	
					24. Apply the nursing process to maternal/child clients	
					Other:	

0	1	2	3	4	M. Provide Pediatric Nursing Care	Notes:
					1. Describe common pediatric emergencies	
					2. Incorporate safety issues based on growth and development	
					3. Evaluate the client for communicable diseases (e.g., RVS and chicken pox)	
					4. Teach the caregiver normal development and safety	
					5. Apply the nursing process to children and adolescents experiencing common childhood disease or injuries	
					Other:	

0	1	2	3	4	N. Use Nursing Care to Promote Wellness Across the Lifespan	Notes:
					1. Describe physiological and psychological changes that occur throughout the lifespan	
					2. Describe how cultural practices impact health	
					3. Describe available community resources to promote wellness	
					4. Collaborate with multidisciplinary teams and wellness referrals	
					Other:	

0	1	2	3	4	O. Applying Principles of Medication Preparation and Administration for Clients of All Ages	Notes:
					1. Utilize the rights of medication administration	
					2. Prepare and administer inhalant medications	
					3. Prepare and administer nose, eye, and ear drops	
					4. Prepare and administer topical medications	
					5. Prepare and administer oral medications	
					6. Prepare and administer sublingual and buccal medications	
					7. Prepare and administer rectal medications	
					8. Prepare and administer vaginal medications	
					9. Prepare and instill medications into the bladder	
					10. Prepare and administer subcutaneous injections	
					11. Prepare and administer intramuscular injections	
					12. Prepare and administer intradermal injections	
					13. Prepare and administer medications by NG and G tubes	
					14. Select and use appropriate equipment	
					15. Manage medication administration devices	

					16. Manage controlled substances according to federal law	
					17. Analyze appropriate blood values prior to medication administration (e.g., blood glucose and INR)	
					18. Transcribe medication orders	
					19. Evaluate the effects of medication	
					20. Perform necessary intervention from medication side effects	
					21. Calculate and convert dosages using the metric, apothecary, and household systems	
					Other:	

0	1	2	3	4	P. Apply Principles of Intravenous (IV) Therapy	Notes:
					1. Differentiate between the various invasive medication routes (e.g., epidural and portacaths)	
					2. Initiate an IV access	
					3. Evaluate IV catheter placement and patency	
					4. Perform an IV tubing change	
					5. Perform an IV infusion pump setup	
					6. Perform an IV PCA pump setup	
					7. Perform an IV site assessment	
					8. Perform IV site care	
					9. Perform IV saline / heparin location setup	
					10. Perform a sterile central line dressing	
					11. Obtain a central line blood sample	
					12. Monitor a blood transfusion	
					13. Perform a heparin IV push	
					14. Perform an IV push	
					15. Document client IV therapy	
					16. Teach the client and/or caregiver nursing care associated with IV therapy	
					17. Apply the nursing method to a client receiving IV therapy	
					Other:	

0	1	2	3	4	Q. Demonstrate Professional Behavior	Notes:
					1. Discuss the program philosophy and graduate competencies	
					2. Follow the school and program rules and regulations	
					3. Coordinate the decision-making process with the multidisciplinary team	

					4. Discuss the benefits of membership in professional nursing organizations	
					5. Discuss the current trends that impact professional nursing	
					6. Identify the need and responsibility of continuing education	
					7. Describe the legal, moral, and ethical aspects of professional nursing	
					8. Practice according to the Nurse Practice Act and client care standards	
					9. Practice within the limits of individual knowledge and experience	
					Other:	

0	1	2	3	4	R. Demonstrate Leadership Skills	Notes:
					1. Identify the leadership roles and responsibilities of the professional nurse	
					2. Demonstrate critical thinking and problem-solving skills	
					3. Delegate job tasks to qualified personnel	
					4. Utilize time management principles	
					5. Utilize assertive behavior techniques	
					6. Describe methods for initiating change	
					7. Apply principles of conflict resolution	
					8. Maintain confidentiality of the client and facility	
					9. Discuss the legal responsibilities of leadership	
					10. Manage the activities of assisted personnel	
					11. Provide cost effective nursing care	
					12. Prioritize client care	
					13. Facilitate continuity of care within and across healthcare settings	
					Other:	

0	1	2	3	4	S. Leadership Competencies **	Notes:
					1. Demonstrate an understanding of SkillsUSA-VICA, its structure, and activities	
					2. Demonstrate an understanding of one's personal values	
					3. Perform tasks related to effective personal management skills	
					4. Demonstrate interpersonal skills	
					5. Demonstrate etiquette and courtesy	
					6. Demonstrate effectiveness in oral and written communication	
					7. Develop and maintain a code of professional ethics	

					8. Maintain a good professional appearance	
					9. Perform basic tasks related to securing and terminating employees	
					10. Perform basic parliamentary procedures in a group meeting	
					Other:	

*****NOTE: These competencies are addressed in the Missouri SkillsUSA-VICA Curriculum Guide lessons***