

FUNDAMENTALS OF NURSING

Skills Indicators

Student: _____
 Address: _____
 City, State Zip: _____
 Telephone: _____



FREDERICK COUNTY PUBLIC SCHOOLS



Career & Technology Center

7922 Opossumtown Pike

Frederick, MD 21702

301-694-6920

COMPETENCY CERTIFICATION RATINGS GUIDE

- Mastered** - Independently meets the industry level standard for knowledge or performance
Assist - Requires some assistance to meet the industry level standard for knowledge or performance
Attempt - Unable to meet the industry standard standard for knowledge or performance without significant assistance
Blank - No exposure or experience to date
- *Skills documented in red indicate that the student performed the skill in a clinical situation.
 **Skills documented in black indicate that the student performed the skill in a classroom setting.

Mastered Assist Attempt A: INFECTION CONTROL
 initials/date date date

Mastered initials/date	Assist date	Attempt date
/		
/		
/		
/		
/		
/		
/		
/		

1. Hand washing
2. Put on PPE
3. Remove PPE
4. Serve a meal in isolation
5. Measure V.S. in isolation
6. Collect a specimen in isolation
7. Care for linens in isolation
8. Transfer non-disposable equipment outside of isolation unit

Mastered Assist Attempt B: PATIENT POSITIONING

Mastered	Assist	Attempt
/		
/		
/		
/		

1. Turn patient in bed
2. Move patient to head of bed
3. Logroll the patient
4. Align patient in bed

Mastered Assist Attempt C. PATIENT MOBILITY
 initials/date date date

Mastered initials/date	Assist date	Attempt date
/		
/		
/		
/		
/		
/		

1. Apply a gait belt
2. Assist patient to ambulate
3. Assist patient with a cane
4. Assist patient with a walker
5. Assist patient with crutches
6. Assist falling patient

Mastered Assist Attempt D. TRANSFERRING PATIENTS

Mastered	Assist	Attempt
/		
/		
/		

1. Transfer patient from bed to chair or wheelchair
2. Transfer patient from bed to stretcher
3. Transfer patient with a mechanical lift

Mastered	Assist	Attempt	L: NUTRITIONAL NEEDS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Assist/Feed patient
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Give care to patient with feeding tube
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Measure and record Intake & Output

Mastered	Assist	Attempt	M: WARM AND COLD APPLICATIONS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Apply an ice bag
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Apply a disposable pack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Apply Aqua-K pad
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Apply warm moist compress

Mastered	Assist	Attempt	N: ASSIST WITH PHYSICAL EXAMINATION
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Assist with physical examination

Mastered	Assist	Attempt	O: DEATH AND DYING
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Give postmortem care

Mastered	Assist	Attempt	P: RESPIRATORY SYSTEM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Use a pulse oximeter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Attach a humidifier to the oxygen flow meter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Collect a sputum specimen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Assist a patient to deep breathe and cough
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Provide care for a patient receiving oxygen

Mastered	Assist	Attempt	Q: MUSCULOSKELETAL SYSTEM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Perform range-of-motion exercises

Mastered	Assist	Attempt	R: ENDOCRINE SYSTEM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Obtain a finger stick for blood glucose level

Mastered	Assist	Attempt	S: NERVOUS SYSTEM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Care for patient with hearing aid

Mastered	Assist	Attempt	T: GI/GU SYSTEM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Test stool for occult blood using hemoccult slide and developer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Collect and label stool specimen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Administer a soap-solution enema
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Administer a commercially prepared enema
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Provide routine stoma care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Collect and label a routine urine specimen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Perform indwelling catheter care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Empty a urinary drainage unit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Disconnect and change urinary drainage unit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Apply external catheter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Measure urinary output
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Collect urine specimen through a drainage port
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Remove indwelling catheter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Assist patient with bed pan
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Assist patient with urinal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Assist patient with bedside commode
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Test urine for glucose and acetone

Mastered	Assist	Attempt
/		

U: REPRODUCTIVE SYSTEM

1. Assist with self breast examination

Mastered	Assist	Attempt
/		
/		

V: CARDIOVASCULAR SYSTEM

1. Apply anti-embolism stockings
2. Provide care for a patient with an I.V.

Mastered	Assist	Attempt
/		
/		
/		

W: PERFORM EMERGENCY MEDICAL PROCEDURES

1. Perform first aid procedures
2. Perform adult, child, and infant CPR
3. Manage obstructed airway in adult, child, and infant

Mastered	Assist	Attempt
/		
/		
/		

X: MEASUREMENT/MATH

1. Convert Fahrenheit to Celsius
2. Use military time
3. Convert standard to metric

Mastered	Assist	Attempt
/		
/		
/		

Y: OBSERVING, RECORDING, REPORTING

1. Uses Kardex and Nursing Care Plan
2. Completes written records and reports
3. Observes and records data

Mastered	Assist	Attempt
/		
/		
/		

Z: LEGAL AND ETHICAL

1. Maintains confidentiality
2. Respects patients' rights
3. Adheres to professional standard

Mastered	Assist	Attempt
/		
/		
/		

AA: INTERPERSONAL RELATIONS

1. Communicates effectively with others
2. Follows chain of command
3. Follows directions

Mastered	Assist	Attempt
/		
/		
/		
/		

BB: CAREER DEVELOPMENT

1. Prepare a resume
2. Complete a job application
3. Participates in a job interview
4. Applies computer skills

Mastered	Assist	Attempt
/		
/		
/		
/		

CC: WORK MATURITY SKILLS

1. Attendance
2. Task preparation
3. Use of time/task completion
4. Accepts supervision
5. Human relations

Mastered	Assist	Attempt
/		
/		
/		
/		

DD: SAFETY AND ENVIRONMENT

1. Demonstrate body mechanics
2. Complete an incident report
3. Demonstrate use of restraints
4. Demonstrate use of a fire extinguisher

MASTERY OF CONTENT	
	# of skills mastered
117	# of total skills
0.0%	MASTERY

INTERNSHIPS/WORK STUDY

Employer:	
Address:	
Contact/Supervisor:	
Phone #:	
Employment Dates:	
Job title/description:	

Employer:	
Address:	
Contact/Supervisor:	
Phone #:	:
Employment Dates:	
Job title/description:	

Employer:	
Address:	
Contact/Supervisor:	
Phone #:	
Employment Dates:	
Job title/description:	

Employer:	
Address:	
Contact/Supervisor:	
Phone #:	:
Employment Dates:	
Job title/description:	

ATTENDANCE & EMPLOYABILITY SKILLS

Dates of enrollment:
Attendance:

Ratings Scale

- 3 - Exemplary
- 2 - Good
- 1 - Fair
- 0 - Poor

RELATIONS WITH OTHERS

(effectiveness in working with students, instructors, and others: cooperation:show of respect)

DEPENDABILITY

(attendance, punctuality, adherence to schedules and deadlines consistency and results, pe perseverance

WORK ATTITUDES

(willingness to learn, willingness to accept and profit from evaluation, enthusiasm, initiative, commitment, pride in work)

COMMUNICATIONS

(listening, speaking, and nonverbal skills; effectiveness in communicating with students, teachers, and others

SAFETY

(follows safety guidelines for standard precautions)

Additional Comments:

RELATED STUDENT ACHEIVEMENT INFORMATION

Participation in SkillsUSA VICA (Activities/Events/Offices):

Maryland State Board of Nursing Certifications:

_____ Certified Nursing Assistant (CNA)

_____ Geriatric Nursing Assistant (GNA)

American Safety and Health Institute (ASHI) Certifications:

_____ Professional CPR

_____ First Aid

I certify that the ratings on this performance profile for **student name** are the result of personal observations and evaluations and further certify that **student name** has mastered **X** of the **Y** skills that were covered in the Fundamentals of Nursing program.

Signature _____ *Date* _____

Instructors Name _____ Date _____

I certify that the ratings included in this competency profile were completed by my Fundamentals of Nursing instructor.

Signature _____ *Date* _____

Student's Name _____ Date _____