

**Policy A-19  
Required Abilities Attachment**

All nursing students must be able to do the following activities/tasks by the time of degree completion.

- Please review the attached list, determine if you are able to or have the potential to complete each of the activities/tasks by the time of degree completion, and sign and date the form that is included in the upper division application
- Sign the Affidavit after reading this form.
- This form must be uploaded to your CastleBranch Account by your application deadline.
- The “examples” column is provided to give you an idea of the kinds of tasks/skills you will be expected to do after graduation in your practice of professional nursing.

<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Gross Motor Skills</b>	<input type="checkbox"/> Move within a confined space  <input type="checkbox"/> Provide standing support to a patient  <input type="checkbox"/> Manipulate equipment above your shoulders  <input type="checkbox"/> Reach below your waist  <input type="checkbox"/> Assist the transfer of a patient  <input type="checkbox"/> Reach across a patient’s bed  <input type="checkbox"/> Other related activities/tasks	Move around a patient’s bed with bedside curtains drawn  Help a patient get out of bed and stand for the first time post-operatively  Hang/adjust IV bag/change tubing  Insert wall plug-ins for monitors  Assist from bed to chair, gurney to bed  Turn off a call light on the other side
<b>Fine Motor Skills</b>	<input type="checkbox"/> Pick up objects  <input type="checkbox"/> Grasp small objects  <input type="checkbox"/> Write  <input type="checkbox"/> Use a computer  <input type="checkbox"/> Pinch, pick or otherwise work with fingers	Pick up a syringe  Grasp small pills  Take phone orders from a physician  Order meals for a patient from the kitchen

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Turn knobs on doors or equipment with hands</li> <li><input type="checkbox"/> Squeeze</li> <li><input type="checkbox"/> Put on caps, gowns, gloves and masks</li> <li><input type="checkbox"/> Apply pressure</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Use fingers to work with syringes, gloves, suture removal or other small equipment</p> <p>Adjust controls on monitors</p> <p>Eye droppers, IV tubing</p> <p>In surgery, labor &amp; delivery, isolation</p> <p>To a bleeding nose or wound</p>
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<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Physical Endurance</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sustain repetitive movements</li> <li><input type="checkbox"/> Work an entire shift</li> <li><input type="checkbox"/> Push and pull 25 pounds</li> <li><input type="checkbox"/> Support 25 pounds of weight</li> <li><input type="checkbox"/> Lift 25 pounds</li> <li><input type="checkbox"/> Move light objects weighing up to 10 pounds</li> <li><input type="checkbox"/> Move heavy objects weighing from 10 to 45 pounds</li> <li><input type="checkbox"/> Defend self against combative patient</li> <li><input type="checkbox"/> Use upper body strength</li> <li><input type="checkbox"/> Squeeze</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>CPR, ambu bagging</p> <p>Generally 8 hours depending on facility</p> <p>Position patients, CPR</p> <p>Ambulate a patient</p> <p>Transfer a patient</p> <p>Carry equipment/supplies to patient room</p> <p>Lift a child in and out of a crib</p> <p>Confused, elderly, emotionally disturbed</p> <p>CPR, restrain a patient</p> <p>Use a fire extinguisher</p>
<b>Mobility</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rotate body</li> <li><input type="checkbox"/> Move quickly</li> <li><input type="checkbox"/> Transfer patients</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Attend to patient/equipment simultaneously</p> <p>Respond to emergency or patient needs</p> <p>Chair to commode</p>

<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Hearing</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hear normal speaking level sounds</li> <li><input type="checkbox"/> Hear faint voices</li> <li><input type="checkbox"/> Hear faint body sounds</li> <li><input type="checkbox"/> Hear in situations where you are not able to see lips</li> <li><input type="checkbox"/> Hear and respond to alarms</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Communicate with patients</p> <p>Elderly, frail or oxygen deprived patients</p> <p>Blood pressure, heart and lung sounds</p> <p>When wearing masks</p> <p>Both high and low frequencies</p>
<b>Vision</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> See objects up to 20 inches away</li> <li><input type="checkbox"/> See objects up to 20 feet away</li> <li><input type="checkbox"/> See objects more than 20 feet away</li> <li><input type="checkbox"/> Use depth perception</li> <li><input type="checkbox"/> Use peripheral vision</li> <li><input type="checkbox"/> Distinguish colors</li> <li><input type="checkbox"/> Distinguish color intensity</li> <li><input type="checkbox"/> See and respond to monitors</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Observe changes on a monitor</p> <p>Observe patient walking down the hall</p> <p>Observe patient at the end of the hall</p> <p>For injections, to assess height or depth of wounds</p> <p>Monitoring nonverbal cues from a patient while starting an IV on the patient's hand</p> <p>Patient secretions, color coded records</p> <p>Cyanotic complexion, redness of blood</p> <p>Visual alarms</p>
<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Tactile</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Feel vibrations</li> <li><input type="checkbox"/> Detect temperatures</li> <li><input type="checkbox"/> Feel differences in surface characteristics</li> <li><input type="checkbox"/> Feel differences in sizes</li> </ul>	<p>Pulses, seizures, tremors</p> <p>Room, patient skin</p> <p>Skin texture</p> <p>Palpate vein, perform assessments</p>

	<input type="checkbox"/> Other related activities	
<b>Smell</b>	<input type="checkbox"/> Detect odors <input type="checkbox"/> Detect smoke <input type="checkbox"/> Detect gases or noxious odors <input type="checkbox"/> Other related activities	Patient's body, body fluids Fire in patient's room Leaking equipment
<b>Reading</b>	<input type="checkbox"/> Read and comprehend written documents <input type="checkbox"/> Read and interpret anatomical diagrams correctly <input type="checkbox"/> Other related activities	Patient charts, professional literature Diagrams for injections
<b>Mathematical Competence</b>	<input type="checkbox"/> Read and comprehend columns of writing <input type="checkbox"/> Read and correctly interpret digital displays <input type="checkbox"/> Read and comprehend graphic printouts <input type="checkbox"/> Convert figures to and from the metric system <input type="checkbox"/> Tell time <input type="checkbox"/> Measure time <input type="checkbox"/> Count rates <input type="checkbox"/> Other related activities	Flow charts Blood pressure reading, monitors Vital signs, EKG strips, fetal monitor strips Inches to centimeters, pounds to kilograms Give medications at prescribed time Duration of a seizure IV flow rate, pulse/heart rate
<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Mathematical Competence (continued)</b>	<input type="checkbox"/> Use measuring tools <input type="checkbox"/> Read measurement marks <input type="checkbox"/> Add, subtract, multiple, divide <input type="checkbox"/> Compute fractions	Thermometers Syringes, scales Total intake and output Drug dosage calculations

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use a calculator</li> <li><input type="checkbox"/> Enter numerical data into records</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Drug dosage calculations</p> <p>Record vital signs</p>
<b>Emotional Stability</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Differentiate and establish personal and therapeutic boundaries</li> <li><input type="checkbox"/> Provide patients with appropriate psycho/social support</li> <li><input type="checkbox"/> Deal appropriately with unexpected situations</li> <li><input type="checkbox"/> Maintain attention on tasks</li> <li><input type="checkbox"/> Perform multiple concurrent responsibilities</li> <li><input type="checkbox"/> Handle strong emotions</li> <li><input type="checkbox"/> Work in a stressful and changing environment</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Confidentiality, privacy</p> <p>Therapeutic communication</p> <p>Patient code</p> <p>Safely administer several medications</p> <p>Manage care of several patients</p> <p>Grief, anger</p> <p>Provide patient care in the ER, ICU, etc.</p>
<b>Required Ability</b>	<b>Activities/Attributes/Tasks</b>	<b>Examples</b>
<b>Analytical Thinking</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gather data</li> <li><input type="checkbox"/> Transfer knowledge from one situation to another</li> <li><input type="checkbox"/> Assess and respond to changes in a patient's condition</li> <li><input type="checkbox"/> Integrate various information/data</li> <li><input type="checkbox"/> Evaluate outcomes</li> <li><input type="checkbox"/> Problem solve</li> <li><input type="checkbox"/> Prioritize nursing care</li> <li><input type="checkbox"/> Use long term memory</li> </ul>	<p>Health history</p> <p>Address patient's psychosocial needs in a medical-surgical setting</p> <p>Elevated blood pressure, loss of consciousness</p> <p>Establish a Plan of Care based on patient history and assessment</p> <p>Effectiveness of pain medication</p> <p>Address adverse reaction to medication</p>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use short term memory</li> <li><input type="checkbox"/> Organize tasks to completion</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>What must be done first, what can wait?</p> <p>Apply knowledge from biological sciences to patient care What did the patient eat for breakfast?</p> <p>Complete patient teaching before discharge</p>
<b>Critical Thinking</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify cause and effect relationships</li> <li><input type="checkbox"/> Plan activities for others</li> <li><input type="checkbox"/> Synthesize knowledge and skills</li> <li><input type="checkbox"/> Complete tasks in a timely manner</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Evaluate patient outcomes</p> <p>Safely delegate patient care activities</p> <p>Establish individualized patient care plan Perform treatments/give medications on time</p>
<b>Interpersonal Skills</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Manage conflict</li> <li><input type="checkbox"/> Respect differences in individuals</li> <li><input type="checkbox"/> Establish and maintain rapport with individuals</li> <li><input type="checkbox"/> Other related activities</li> </ul>	<p>Promote collaboration among team members Patients, families, co-workers</p> <p>Patients, families, co-workers</p>

Required Ability	Activities/Attributes/Tasks	Examples
<b>Communication</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Communicate information</li> <li><input type="checkbox"/> Explain procedures</li> <li><input type="checkbox"/> Give oral reports</li> <li><input type="checkbox"/> Provide written reports</li> <li><input type="checkbox"/> Interact with others</li> <li><input type="checkbox"/> Use the telephone</li> <li><input type="checkbox"/> Advocate for patients</li> </ul>	<p>Teach patients, families, groups</p> <p>To patients, families</p> <p>Report to MDs, nurses on next shift</p> <p>Patient charts, incident reports</p> <p>Effective group/team participation</p> <p>Emergency, follow-up, or pre-</p>

	<ul style="list-style-type: none"><li><input type="checkbox"/> Direct the activities of others</li><li><input type="checkbox"/> Communicate using a computer</li><li><input type="checkbox"/> Other related activities</li></ul>	op calls  Work with social workers, chaplains, family members  CNAs, LPNs, other RNs  Charting
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