

**BIRZEIT UNIVERSITY**

**Faculty of Pharmacy,Nursing and Health Professions**

**Clinical Skills Check List**

**Student Name: Adnan Abu Arqoub Academic Number:\_\_1182551\_**

**Wards: Medical Surgical, CCU Hospital Istishari Arab hospital**

Key” Tick the Level of Proficiency which best reflects the Interns clinical/technical performance.

1 – No clinical exposure

2 – Requires further training & follow-up

3 – Requires supervision

4 – Competent

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Clinical skill/task** | **1** | **2** | **3** | **4** |
| **General Nursing Skills**  **The Nurse Intern is able to complete the following activities** |  |  |  |  |
| 1. **Vital Signs & related Observations** |  |  |  |  |
| * Measuring & recording of: |  |  |  | **✓** |
| * Oral thermometer |  |  |  | **✓** |
| * Axillary thermometer |  |  |  | **✓** |
| * Rectal thermometer |  |  |  | **✓** |
| * Palpating &Recording of |  |  |  |  |
| * Radial Pulse |  |  |  | **✓** |
| * Brachial Pulse |  |  |  | **✓** |
| * Apical Pulse |  |  |  | **✓** |
| * Blood Pressure |  |  |  |  |
| * Using mercury Sphygmomanometer | **✓** |  |  |  |
| * Using Dynamap |  |  |  | **✓** |
| * Pulse Oximetry set-up & reading |  |  |  | **✓** |
| * Respirator Rate |  |  |  | **✓** |
| 1. Tracking & recording Patient |  |  |  |  |
| 1. Height |  |  |  | **✓** |
| 1. Weight |  |  |  | **✓** |
| 1. Length (pediatric) | **✓** |  |  |  |
| 1. Head Circumference (pediatric) | **✓** |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Performance of physical Health Assessment** |  |  |  |  |
| * Cardiovascular |  |  |  | **✓** |
| * Respiratory |  |  |  | **✓** |
| * Genito- urinary |  |  |  | **✓** |
| * Muscle-Skeletal |  |  |  | **✓** |
| * Integumentary |  |  |  | **✓** |
| * Neurological |  |  | **✓** |  |
| * G.I |  |  |  | **✓** |
| 1. **Admission & Discharged**   **The Nurse Intern is able to discuss the policies related to the following procedure** |  |  |  |  |
| * The Routine admission of a patient |  |  | **✓** |  |
| * The Routine discharge of a patient |  |  | **✓** |  |
| * The management of a death within the unit |  |  | **✓** |  |
| * The care of a patients valuable/ belongings |  |  | **✓** |  |
| 1. **Patient Sensitivity**   The Nurse intern will demonstrate sensitivity in all areas of nursing practice & will demonstrate the following: |  |  |  |  |
| * Support the individual’s right to choices within health care delivery |  |  | **✓** |  |
| * Acknowledge an individual personal belief & identity |  |  | **✓** |  |
| * Maintain an individual’s right to privacy |  |  |  | **✓** |
| * Maintain confidentiality related to patient information |  |  |  | **✓** |
| * Support the patient, relative or colleague by using positive & effective communication |  |  | **✓** |  |
| 1. **Documentation & Verbal Report**   The nurse intern is able to demonstrate the following: (according to the policy) |  |  |  |  |
| * Complete the Cardex accurately |  |  |  | **✓** |
| * Updates Nursing Care Plan |  | **✓** |  |  |
| * Reviews Physicians orders on a regular basis |  |  |  | **✓** |
| * Reports/records information accurately in Patients notes | **✓** |  |  |  |
| * Utilize appropriate medical terminology |  |  |  | **✓** |
| * Provides accurate and complete verbal reports to other health personnel |  |  |  | **✓** |
| * Identifies essential information |  |  |  | **✓** |
| * Understands & uses Medical terminology |  |  |  | **✓** |
| * Clarifies information when appropriate |  |  |  | **✓** |
| 1. **Positioning, comfort and safety**   The Nurse intern is able to demonstrate the following activities: |  |  |  |  |
| * Assists with positioning patients according to needs |  |  |  | **✓** |
| * Uses bed control correctly |  |  |  | **✓** |
| * Correct use of pressure care mattresses |  |  |  | **✓** |
| * Use correct and appropriate lifting methods |  |  |  | **✓** |
| * Safely transports patients on a stretcher |  |  |  | **✓** |
| * Safely transports patient to a wheelchair |  |  |  | **✓** |
| * Applies principles of body mechanics |  |  |  | **✓** |
| **Bed Making** |  |  |  |  |
| * Make up unoccupied bed |  |  |  | **✓** |
| * Make up occupied bed |  |  |  | **✓** |
| * Make up a Post Operative Bed (surgical) |  |  |  | **✓** |
| **Patient safety** |  |  |  |  |
| * Uses Bedrails appropriately |  |  |  | **✓** |
| * Uses restraints according to the policy |  |  |  | **✓** |
| **Patient Comfort** |  |  |  |  |
| * Assessment of pain |  |  |  | **✓** |
| * Administer appropriate analgesia * Non – Pharmacological |  |  | **✓** |  |
| * Evaluates effectiveness of analgesia |  |  |  | **✓** |
| 1. **Patient Hygiene**   The Nurse Intern will demonstrate the following: |  |  |  |  |
| * Bed bathing |  |  |  | **✓** |
| * Assists in Showering |  |  |  | **✓** |
| * Provides oral care |  |  |  | **✓** |
| * Provides perineum care |  |  |  | **✓** |
| * Provides Eye care |  |  |  | **✓** |
| * Provides Hair care- Bed ridden Patient |  |  |  | **✓** |
| * Ensures privacy and dignity when attending hygiene needs of the patient |  |  |  | **✓** |
| **8. Infection control**  The Nurse intern will be able to: |  |  |  |  |
| * Demonstrate appropriate hand washing technique |  |  |  | **✓** |
| * Demonstrate appropriate technique in putting on: |  |  |  | **✓** |
| * Gloves |  |  |  | **✓** |
| * Face mask |  |  |  | **✓** |
| * Gown |  |  |  | **✓** |
| * Apply principles of aseptic techniques in performing * Dressing change |  |  | **✓** |  |
| * IV cannulation |  |  |  | **✓** |
| * The Nurse Intern will e able to discuss: |  |  |  |  |
| * Universal/standard precautions |  |  |  | **✓** |
| * “Isolation Principles” |  |  |  | **✓** |
| * Maintain a high level of care related to urinary catheters & condom catheters |  |  |  | **✓** |
| * Participate in the cleaning of used equipment, cleaning of the utility |  |  |  | **✓** |
| * Maintain a clean & orderly environment within the patient areas |  |  |  | **✓** |
| * Disposes waste/Materials appropriately |  |  |  | **✓** |
| * Needles & sharps |  |  |  | **✓** |
| * Regular waste |  |  |  | **✓** |
| * Contaminated Linens |  |  |  | **✓** |
| * Contaminated waste |  |  |  | **✓** |
| * Isolation waste |  |  |  | **✓** |
| **9 – Medication administration**  The Nurse Intern is observed to consistently demonstrate high level of care & maintenance to the policy related to the administration of medications by the following routes |  |  |  |  |
| * Oral |  |  |  | **✓** |
| * Per NGT Nasogastric |  |  |  | **✓** |
| * Per rectal |  |  |  | **✓** |
| * Subcutaneous injections |  |  |  | **✓** |
| * Intradermal injections |  |  |  | **✓** |
| * Intramuscular injections |  |  |  | **✓** |
| * Intravenous injections |  |  |  | **✓** |
| * IV Push/Bolus |  |  |  | **✓** |
| * Topical |  |  |  | **✓** |
| * Eye drops |  |  |  | **✓** |
| * Ear Drops |  |  |  | **✓** |
| * Nebulizer |  |  |  | **✓** |
| * Consult appropriate sources for the necessary information regarding unfamiliar medications |  |  | **✓** |  |
| The Nurse intern is able to describe the following: |  |  |  |  |
| * The supply of drugs to the wards/unit |  |  |  | **✓** |
| * The safe keeping of ward stock drugs in the drug cupboard and refrigerator |  |  | **✓** |  |
| * The correct checking & administration of all medication administration |  |  | **✓** |  |
| * The appropriate documentation related to medication administration |  |  | **✓** |  |
| * The supply of drugs to the wards/unit |  |  | **✓** |  |
| * The safe keeping of ward stock drugs in the drug cupboard and refrigerator |  |  | **✓** |  |
| * The correct checking & administration of all medication administration |  |  | **✓** |  |
| * The supply of medication to patients being discharged |  |  | **✓** |  |
| * Documentation related to drug errors | **✓** |  |  |  |
| * The administration of specific medications * The administration of Potassium Chloride * The administration of vaccines |  |  | **✓** |  |
| **10. Controlled & Narcotic Drugs**  The Nurse intern is able to discuss & competently demonstrate the following activities |  |  |  |  |
| * The procedure for incidents of Narcotic & Control drug breakages or errors | **✓** |  |  |  |
| * The administration of a controlled or narcotic medication to a patient |  | **✓** |  |  |
| * The supply of controlled or narcotic outpatient use | **✓** |  |  |  |
| * The correct procedure in dispensing a controlled or narcotic drug using the narcotic drug register |  | **✓** |  |  |
| **11- IV Therapy (Cannulation/lines/Burettes)**  The Nurse intern is able to demonstrate the appropriate techniques of the following |  |  |  |  |
| * Insertion of an IV Cannula |  |  |  | **✓** |
| * Maintaining an IV Cannula/Heparin lock |  |  |  | **✓** |
| * Measuring & documentation input and output readings |  |  |  | **✓** |
| * Regulating IV |  |  |  | **✓** |
| * Changing an IV site dressing |  |  |  | **✓** |
| * Changing IV lines, tubing |  |  |  | **✓** |
| * Discontinuing peripheral IVs/hep. lock safely |  |  |  | **✓** |
| Demonstrate ability to use IV devices:   * Set up and regulation of IV infusion pumps |  |  |  | **✓** |
| * The administration of medication via syringe pump |  |  |  | **✓** |
| * The calculation of proper concentration and rate of infusion |  |  |  | **✓** |
| * The dilution strength of fluids and the time required for infusions |  |  |  | **✓** |
| * Documenting patients hemodynamic response to IV medications |  |  |  | **✓** |
| * Care of CVP lines |  |  | **✓** |  |
| **12- Specimen collection of**  The Nurse Intern is able to demonstrate safe practice of specimen collection of: |  |  |  |  |
| * Blood |  |  |  | **✓** |
| * Urine |  |  |  | **✓** |
| * Stool |  |  | **✓** |  |
| * Sputum |  |  |  | **✓** |
| * Drainage Fluid | **✓** |  |  |  |
| * Swabs: Ear, Nose, throat, wound |  |  | **✓** |  |
|  |  |  |  |  |
| 13- Feeding and Fluids  The Nurse intern is able to discuss and demonstrate safe practice of: |  |  |  |  |
| * Normal feeding techniques |  |  |  | **✓** |
| * Accurate demonstration of nutritional intake |  |  |  | **✓** |
| * Accurate monitoring and recording of fluid balance |  |  |  | **✓** |
| * Nasogastric tube NGT * Insertion * Feeding * NGT/Suction/irrigation * Care of / removal |  |  | **✓** |  |
| * Gastrotomy, jejunostomy tubes, feeding | **✓** |  |  |  |
| * Special needs (Cleft Palate) | **✓** |  |  |  |
| **14- Total Parenteral Nutrition** |  |  |  |  |
| * The procedure for ordering & checking TPN | **✓** |  |  |  |
| * Indications for an complication of intralipid infusions | **✓** |  |  |  |
| * Aseptically changing a central IV site dressing |  |  | **✓** |  |
| * The potential complications of TPN | **✓** |  |  |  |
| 15- Respiratory & Oxygen Therapy  The Nurse Intern is able to discussed and demonstrate the technique is respiratory assessment |  |  |  |  |
| * Check for breath sounds |  |  |  | **✓** |
| * Auscultation bilateral lung bases & apex |  |  |  | **✓** |
| * Inspect for symmetrical chest expansion |  |  |  | **✓** |
| * Understand & discuss findings, i.e. type of sounds |  |  | **✓** |  |
| * The verification of a patent airway and t securing |  |  | **✓** |  |
| Oxygen Therapy  The Nurse Intern will demonstrate the following |  |  |  |  |
| * Set up of Oxygen therapy |  |  |  | **✓** |
| * Connection of oxygen flow meter to the wall oxygen and check for correct operation |  |  |  | **✓** |
| * Attachment of the appropriate oxygen catheters & Other Pertinent equipment, i. e. Flow meter |  |  |  | **✓** |
| * Inspection of the cylinder valve for damage |  |  |  | **✓** |
| * How to open and close the cylinder |  |  |  | **✓** |
| * How to attach regulators and or pressure relief device |  |  |  | **✓** |
| * Types of Oxygen delivery systems and their appropriate use – including |  |  |  |  |
| * Oxygen percentage system |  |  |  | **✓** |
| * Non Rebreathing mask systems |  |  |  | **✓** |
| * Venturi systems |  |  |  | **✓** |
| * Nasal cannula |  |  |  | **✓** |
| * Trachea mask | **✓** |  |  |  |
| * Using peak flow meters \* Interpreting the results |  |  |  | **✓** |
| * The administration of Nebulizers |  |  |  | **✓** |
| * Use of incentive Spirometers |  |  |  | **✓** |
| * The interpretation of pulse oximeter readings |  |  |  | **✓** |
| * ABG interpretation |  |  |  | **✓** |
| * Chest physiotherapy | **✓** |  |  |  |
| **16- Airways Management**  The Nurse intern is able to discuss the policy and can demonstrate the following |  |  |  |  |
| * Use of airway |  |  |  | **✓** |
| * Oropharyngeal suctioning | **✓** |  |  |  |
| * Nasopharyngeal suctioning | **✓** |  |  |  |
| * Endotracheal suctioning | **✓** |  |  |  |
| * Documentation following suction aspirate (volume, color, consistency) | **✓** |  |  |  |
| * Tracheal tube/ cuff care | **✓** |  |  |  |
| * Changing a tracheotomy tube and ties | **✓** |  |  |  |
| * Cleaning of inner cannula |  |  |  | **✓** |
| * Aseptic collection of aspirate | **✓** |  |  |  |
| * Care of patient with under water seal drainage |  |  |  | **✓** |

* Other additional skills not mentioned in the check list you are proficient with it

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_