

 **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 TherapyThe 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

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