



## Certificate of Essential Skills/Abilities for Nursing Students

**Student Name:** \_\_\_\_\_

Each student enrolled in Clinton Community College's Nursing Program is required to sign this form attesting that he/she is able to perform these essential skills/abilities with or without reasonable accommodations.

### Gross Motor Skills:

- **Standing/ Walking:** must be able to walk and stand on your feet for majority of time in the clinical setting (8-12 hours).
- **Sitting:** must be able to sit while charting/entering data into a computer or receiving report.
- **Lifting/Carrying:** required when assisting in lifting and transferring patients, repositioning patients, picking up a child, carrying medical supplies and certain medical equipment.
- **Pushing/Pulling:** required when administering patient care, pushing equipment, i.e. hospital beds, wheelchairs.
- **Reaching:** required when performing patient care such as hanging and/or adjusting IV bags.
- **Bending/Twisting/Stooping/Squatting:** required when performing certain activities of patient care.

### Fine Motor Skills:

- **Manual dexterity, writing/grasping small objects/fastening clothes:** must be able to pick up small objects with hands, write, type on computer, and squeeze with fingers, i.e. eye droppers, use syringe, and insert a catheter.

### Sensory Ability:

- **Tactile ability:** must be able to feel through touching: to palpate with fingers and hands, and assess for tenderness, temperature, pulses, elasticity of skin, masses.
- **Hearing:** must be able to hear a range of sounds and tolerate disturbing sounds: vomiting, crying from pain or grief, coughing from trach, to hear sounds such as normal and faint speaking voices, blood pressure, heart sounds, lung sounds, bowel sounds, and alarms i.e. fire alarms, codes, monitors, and call lights.
- **Olfactory:** must be able to smell and tolerate strong odors: to identify foul drainage from wounds, to detect smoke or noxious odors in patient care settings.
- **Visual acuity:** must have the sense of sight with or without correction: to inspect skin, to perform treatments, to draw up and administer medications.

### Environment:

- **Must have ability to recognize health hazards:** may be exposed to blood/ body fluids and infectious diseases, to prevent the spread of disease.
- **Must be able to wear and tolerate personal protective equipment (PPE):** to understand the role of PPE in healthcare and to optimize the use of it to control and prevent the transmission of infection.
- **Must be able to recognize threats to physical safety:** to operate equipment safely in clinical areas, to recognize accident hazards and correct them, to seek assistance when a situation requires more experience or expertise.

- **Must be able to respond to exposure to chemical materials:** exposure to disinfectants, sanitizers, and cleaning agents in the clinical setting, to use appropriate protective equipment.

### Observations/Cognitive Abilities:

- **Must have the ability to observe and listen to others, to pay attention to detail, to pay attention to non-verbal behaviors, to notice changes in attitudes, behaviors, activity levels, and changes in physical conditions:** to problem solve in a variety of situations and settings.
- **to have the ability to measure, identify, analyze and respond to situations:** to problem solve and influence good decision-making.
- **to stimulate personal and professional growth:** to develop patience, compassion and empathy.

### Communication:

- **Must be able to communicate verbally in English with accuracy and clarity, including non-verbal communication:** to follow directions, network, and collaborate with team members, to teach others.
- **Must be able to read and write succinctly:** to record medical information and responses to treatment and plans of actions.

### Time Management:

- **Must be able to learn time management strategies, to prioritize tasks, to stay organized, to increase productivity:** to meet patient-centered goals and have a sense of accomplishment of a job well-done.

### Non-Judgmental:

- **Strive to be non-judgmental, respect and value cultural differences:** to build trusting relationships.

### CPR Certification:

- **To obtain the American Heart Association or American Red Cross BLS CPR course for Healthcare Providers, and must include an in-person component. Online certifications will not be accepted:** to meet the college's requirements.

### Work habits:

- **Must have the ability to adhere to classroom and clinical schedules, to complete and submit assignments by the due date, to adhere to the Policies and Procedures of Clinton's Nursing Program:** to meet these requirements to become the best nurse you can be and make a difference in your patients' lives.

I, \_\_\_\_\_ hereby attest that I am able to perform,  
Print name  
or learn, the "Essential Skills/Abilities" on this form.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date