

Arithmetic Competence

- Read & understand columns of writing (flow sheet, charts)
- Read digital displays
- Read graphic printouts (e.g. EKG)
- Calibrate equipment
- Convert numbers to and/or from the Metric System
- Read graphs (e.g. vital sign sheets)
- Tell time
- Measure time (e.g. count duration of contractions, etc.)
- Count rates (e.g. drips/minute, pulse)
- Use measuring tools (e.g. thermometer)
- Read measurement marks (e.g. measurement tapes, scales, etc.)
- Add, subtract, multiply, and/or divide whole numbers
- Compute fractions (e.g. medication dosages)
- Use a calculator
- Write numbers in records

Critical Thinking

- Identify cause-effect relationships
- Plan/control activities for others
- Synthesize knowledge and skills
- Sequence information

Emotional Stability

- Establish therapeutic boundaries
- Provide client with emotional support
- Adapt to changing environment/stress
- Deal with the unexpected (e.g. client going bad, crisis)
- Focus attention on task
- Monitor own emotions
- Perform multiple responsibilities concurrently
- Handle strong emotions (e.g. grief)

Analytical Thinking

- Transfer knowledge from one situation to another
- Process information
- Evaluate outcomes
- Problem solve
- Prioritize tasks
- Use long term memory
- Use short-term memory

Communication Skills

- Teach (e.g. client/family about health care)
- Explain procedures
- Give oral report (e.g. report on client's condition to others)
- Interact with others (e.g. health care workers)
- Speak on the telephone
- Influence people
- Direct activities of others
- Convey information through writing (e.g., progress notes)

A CAREER IN NURSING

Functional ability categories and representative activities/attributes essential for nursing in a safe & effective manner

Nurse must have or be able to compensate



Eldon Career Center
112 S. Pine Street
Eldon, MO 65026
573-392-8060 ext. 504

Gross Motor Skills

- Move within confined spaces
- Sit & maintain balance
- Stand & maintain balance
- Reach above shoulders (e.g. IV poles)
- Reach below waist

Fine Motor Skills

- Pick up objects with hands
- Grasp small objects with hands (e.g. IV, tubing, pencil)
- Write with pen or pencil
- Key/type (e.g. use a computer)
- Pinch/pick or otherwise work with fingers (e.g. manipulate syringe)
- Twist (e.g. turn objects/knobs using hands)
- Squeeze with fingers (e.g. eye dropper)

Mobility

- Twist, Bend, Stoop/squat
- Move quickly (e.g. respond to an emergency)
- Climb (e.g. ladders/stools/stairs)
- Walk

Smell

- Detect odors from client (e.g. foul smelling drainage, alcohol breath, etc.)
- Detect smoke
- Detect gases or noxious smells

Physical Endurance

- Push & pull 25 pounds (e.g. position Clients)
- Support 25 pounds of weight (e.g. ambulate client)
- Lift 25 pounds (e.g. pick up a child, transfer client)
- Move light objects weighing up to 10 pounds (e.g. IV poles)
- Move heavy objects weighing from 11 to 50 pounds
- Defend self against combative client
- Carry equipment/supplies
- Use upper body strength (e.g., perform CPR, physically restrain a client)
- Squeeze with hands (e.g. operate fire extinguisher)

Hearing

- Hear normal speaking level sounds (e.g. person-to-person report)
- Hear faint voices
- Hear faint body sounds (e.g. blood pressure sounds, assess placement of tubes)
- Hear in situation when not able to see lips (e.g. when masks are used)
- Hear auditory alarms (e.g. monitors, fire alarms, call bells)

Reading

- Read and understand written documents (e.g. policies, protocols)

Visual

- See objects up to 20 inches away (e.g. information on a computer screen, skin conditions)
- See objects up to 20 feet away (e.g. client in a room)
- See objects more than 20 feet away (e.g. client at end of hall)
- Use depth perception
- Use peripheral vision
- Distinguish color (e.g. color codes on supplies, charts, bed)
- Distinguish color intensity (e.g. flushed skin, skin paleness)

Tactile

- Feel vibrations (e.g. palpate pulses)
- Detect temperature (e.g. skin, solutions)
- Feel differences in surface characteristics (e.g. skin turgor, rashes)
- Feel differences in sizes, shapes (e.g. palpate vein, identify body landmarks)
- Detect environmental temperature (e.g. check for drafts)

Interpersonal Skills

- Negotiate interpersonal conflict
- Respect differences in clients
- Establish rapport with clients
- Establish rapport with co-workers