Detailed Identification of Student Competencies by Year

Second Year Competencies – at end of May

Personal care
• Able to assist patients with am/hs care and elimination needs
• Provide encouragement
• Able to change pads and size them appropriately
• Able to understand the importance of hygiene products used
• Understand the techniques used to get baths and showers completed

Bladder scanner
• The importance of why it is completed
• How to scan for both a man and a woman
• The importance of anatomy when using
• How to document the results
• When to recognize the times when there are problems with elimination

Catheters
• Purpose of a catheter and when it would be needed
• Why there are different sizes
• How to insert using sterile technique
• How to care for someone with a catheter
• How to connect the tubing to the bag
• How to empty the bag and when
• How to d/c one
• Recognize the S/S if problems with urination

Injections
• SQ injections
• What medications can be given using this route
• Proper sites to administer sq injections
• Proper technique for delivering these injections

Blood glucose testing
• Why we do it
• BG testing AC meals and HS
• Proper technique
• S/S of hyper and hypoglycemia
• Insulin injections
• Understanding doctor's insulin order sheets

Vital signs
• T P R BP O2 Pain
• Charting the results
• Problem solving if results are abnormal
• Know when to do them

Mechanical lifts
• Proper technique/ placement of devices
• Safety guidelines
• Types of lifts used and when to use them

Stool /urine samples
• Supplies needed to collect them
• Importance of sterile technique
• Reading orders for them to be obtained and when
• Teaching patients how it will be collected and importance to why it is being completed
• Importance of labelling specimens
• Making sure that specimens are collected, charted and sent to the lab in timely manner

Medial asepsis/universal precautions

Dressing changes
• Able to change minor wound dressings
• Able to identify drainage
• Able to document what is assessed during change

Drug administration
• Most medication is given po
• Some suppository medications given
• Some SQ injections given
• Understand why the patient is taking that medication
• Understand when to hold a medication in regards to vitals
• S/S of drug reactions i.e., rash, hives, anaphylaxis

IV assessments
• Able to identify patency of site
• Can D/C an IV
• Assess drip rates and maintain an IV by gravity or pump
• Document findings

Back in form
• Understands the importance of proper stretching prior to working on the unit
• Uses proper technique while working with the clients

Third Year Competencies (by the end of May)

All 2nd year competencies as previously identified with the addition of the following:

Surgical Asepsis

Medical Asepsis

Injections
• IM, SQ, IV
• Completed Modified New Brunswick Immunization Guide
• Importance of positioning for injection
• Preferred sites
• Med limit for each injection site
• Reason for injection/ critical thinking
• Rational for rotating sites
• Compatibility when mixing medications

Nasogastric Tubes
• Insertion technique
• Equipment needed
• Ensuring proper placement with the aid of a stethoscope
• Suctioning protocol with nasogastric tubes
• Reasons for the nasogastric tube insertion
• Routine assessments to ensure patency

Wound Care
• Procedure for deep wound irrigation
• Wound scale assessment
• Sterile techniques with dressing changes
• Types of dressings needed to promote healing (various dressing supplies used)
• Identifying the drainage type and amount from the wound; presence of odour
• Identifying signs and symptoms of a wound infection
• Monitoring the wound for increase in size or presence of tunnelling
• Charting the wound characteristics to bring attention to others for the need of further monitoring and alert the skin assessments needed

Oxygenation
• To understand the difference between various oxygen delivery systems
• Understanding the flow rates for the venturi masks, nasal prongs and non-rebreather
• Using portable oxygen and understanding the importance of safety with oxygen
• Standing orders and protocol for the administration of oxygen
• Doing a thorough respiratory assessment and how it links to the patient's care plan
• Understanding the signs and symptoms of poor oxygenation
• Understanding the physiology of oxygenation and what can cause shortness of breath
• Types of medications used to treat shortness of breath
• Recognizing the position of the patient during and after treatment
• Have a clear understanding of aerochambers, nebules, inhalers, peek flow meters and incentive spirometers and what benefit they are to the patient and the best times to use

Blood and Blood Products
• Importance of knowing the pt's blood type and what type of blood they need to receive
• Policy and procedure for administering blood/blood products
• Importance of time when administering blood/blood products
• Knowing how to interpret lab values and reorder lab work

Total Parental Nutrition
- Understanding TPN order sheet
- The ability to change the bags as needed
- The importance of blood glucose testing when administering TPN
- Maintain IV administration of TPN via pump
- Importance of assessing routine blood work

Chest Tubes
- Understanding purpose of chest tubes, location of tube
- Understanding principles of chest tube suction vs gravity set up
- Recognize potential complications of chest tubes
- Able to recognize when there are problems with the chest tube; trouble shooting
- Chest tube dressing changes

Concept Mapping
- Recognize the need for concept mapping to organize patient care identifies nursing diagnosis and priority
- Allows for the nurse to see progress and deterioration
- Identifies goals and assessment of meeting pt's needs
- Promote critical thinking & problem solving through use of various learning resources

IV Maintenance and Therapy
- Practice with IV pumps
- Program primary and secondary rates
- Prime IV tubing for both primary and secondary lines
- Work with gravity set ups
- Prime gravity lines for both primary and secondary lines
- Able to calculate drip rates for gravity lines
- Maintain drip rates for gravity lines
- Flushing saline locks as per protocol
- Calculate end of shift fluid intake for IVs and chart the findings
- Calculate the to be counted fluids and chart them for the next nurse on shift
- Calculate total fluid intake for a 24 hour period (when on strict in's and outs; what they can have PO along with the IV infusion)
- Recognize the theory behind different solutions and when to use each
- Recognize the importance of knowing medication compatibility when infusing IV meds as well as which ones can be infused concurrently or which ones need to be infused alone
- Have a general understanding of the importance of fluid and electrolyte balance
- Prepare IV meds safely
- Labelling IV bags that contain medications
- Documenting the solution type, amount and rate of infusion on the graphic sheets
- Assessing the IV site for signs of infection and report any findings
- Replace empty IV bags with the proper new ones and maintain drip rates
- Changing continuous IV therapy to a saline lock as per protocol
- Ensuring that the tubing is changed as per protocol
- Ensuring that the IV site is patent and report the need for a new site as per protocol

(April 2007)