

## Grossmont College Nursing Program Nursing Skills and Activities

The following describes core skills and activities essential to the practice of nursing. These skills have been identified as core skills and activities the student nurses in the Grossmont College nursing program are required to perform, with or without reasonable and appropriate accommodations.

Functional Ability	Core Performance Standard
Gross Motor Skills	<ul style="list-style-type: none"> <li>• Move within confined space</li> <li>• Sit and maintain balance</li> <li>• Stand and maintain balance</li> <li>• Reach above shoulders (IVs)</li> <li>• Reach below waist (plug-ins)</li> </ul>
Fine Motor Skills	<ul style="list-style-type: none"> <li>• Pick up objects with both hands</li> <li>• Grasp small objects with both hands</li> <li>• Write with pen or pencil</li> <li>• Key/type (use a computer)</li> <li>• Pinch/pick or otherwise work with fingers (syringe) of both hands</li> <li>• Twist (turn knobs) with both hands</li> <li>• Squeeze with fingers with both hands (eye dropper)</li> </ul>
Physical Endurance	<ul style="list-style-type: none"> <li>• Stand (at client's side during procedure)</li> <li>• Sustain repetitive movement (CPR)</li> <li>• Maintain physical tolerance (work entire shift)</li> </ul>
Physical Strength	<ul style="list-style-type: none"> <li>• Push and pull 25 pounds (position clients)</li> <li>• Support 25 pounds of weight (ambulate client)</li> <li>• Lift 25 pounds (transfer client)</li> <li>• Move light objects up to 10 pounds</li> <li>• Move heavy objects weighing from 10 to 50 pounds</li> <li>• Defend self against combative client</li> <li>• Carry equipment/supplies</li> <li>• Use upper body strength (CPR, restrain a client)</li> <li>• Squeeze with both hands (fire extinguisher)</li> </ul>
Mobility	<ul style="list-style-type: none"> <li>• Twist</li> <li>• Bend</li> <li>• Stoop/squat</li> <li>• Move quickly</li> <li>• Climb (ladder, stools, stairs)</li> <li>• Walk</li> </ul>
Visual	<ul style="list-style-type: none"> <li>• See objects up to 20 inches away</li> <li>• See objects more than 20 feet away</li> <li>• Use depth perception</li> <li>• Use peripheral vision</li> <li>• Distinguish color</li> <li>• Distinguish color intensity</li> </ul>
Tactile	<ul style="list-style-type: none"> <li>• Feel vibrations (pulses)</li> <li>• Detect temperature</li> <li>• Feel differences in surface characteristics (skin turgor)</li> <li>• Feel differences in sizes, shapes (palpate vein)</li> <li>• Detect environmental temperature</li> </ul>

Hearing	<ul style="list-style-type: none"> <li>• Hear normal speaking level sound</li> <li>• Hear faint voices</li> <li>• Hear faint body sounds (BP)</li> <li>• Hear in situations not able to see lips (when using masks)</li> <li>• Hear sound alarms</li> </ul>
Emotional Stability	<ul style="list-style-type: none"> <li>• Establish therapeutic boundaries</li> <li>• Provide client with emotional support</li> <li>• Adapt to changing environment/stress</li> <li>• Deal with unexpected (crisis)</li> <li>• Focus attention on task</li> <li>• Monitor own emotions</li> <li>• Perform multiple responsibilities concurrently</li> <li>• Handle strong emotions (grief)</li> </ul>
Analytical Thinking Skills	<ul style="list-style-type: none"> <li>• Transfer knowledge from one situation to another</li> <li>• Process information</li> <li>• Evaluate outcomes</li> <li>• Problem solve</li> <li>• Prioritize tasks</li> <li>• Use long term memory</li> <li>• Use short term memory</li> </ul>
Critical Thinking Skills	<ul style="list-style-type: none"> <li>• Identify cause and effect relationships</li> <li>• Plan/control activities for others</li> <li>• Synthesize knowledge and skills</li> <li>• Sequence information</li> </ul>
Interpersonal Skills	<ul style="list-style-type: none"> <li>• Negotiate interpersonal conflict</li> <li>• Respect differences in clients</li> <li>• Establish rapport with clients</li> <li>• Establish rapport with co-workers</li> </ul>

**Failure to submit this form and accompanying materials by the stated deadlines will result in withdrawal of acceptance into the Grossmont Nursing program.**

1. I, \_\_\_\_\_ acknowledge that I am able to perform the above core skills and activities without accommodations. This form must be submitted with the letter of intent to enroll in the Grossmont College Nursing Program.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

**OR**

2. I, \_\_\_\_\_ will be submitting a plan for disability accommodations. The following steps are required to be completed, and this form must be submitted before attending the nursing orientation session.
- Submit documentation to the Office for Disability Support Programs and Services (DSPS):
    - Medical and other factors related to the disability; and
    - Specification of the reasonable and appropriate accommodations needed.
  - Develop a disability accommodation plan in conjunction with DSPS.
  - Schedule an appointment to review this plan with the Nursing Program Dean/Director to discuss the nature of the necessary accommodations.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

In the event that a student currently in the nursing program becomes unable to perform core skills and activities, the same process outlined above in #2 must be followed.