

Requisite Skills, Abilities and Capacities for BN and BScPN Students

Students must be able to demonstrate all requisite skills and abilities as these are requirements for the BN and BScPN programs and the demands of the profession of Nursing and Psychiatric Nursing. While this is not a comprehensive list, the following skills, abilities and capacities provide insight in to the profession of Nursing and Psychiatric Nursing.

1. Cognitive Skills and Abilities

Analytical Thinking

- Gather data
- Transfer knowledge from one situation to another situation
- Assess and respond to changes in the patient's condition in a timely manner
- Integrate information
- Evaluate effectiveness of care
- Problem solving ability
- Critical inquiry
- Memory to retain facts
- Make complex decisions in order to prioritize and administer care

Reading

- Comprehend written documents (including cursive, printed and typed documents)
- Demonstrate understanding of anatomical diagrams

Mathematical Competence

- Understand columns of numbers
- Read digital displays
- Read graphic printouts
- Tell time using 24-hour clock
- Count
- Add, subtract, multiply and divide without a calculator
- Compute fractions, decimals, ratios and percentages without calculator
- Apply algebraic equations
- Use a calculator
- Write numbers

2. Communication Skills and Abilities

- Hear, speak, write and comprehend English to effectively elicit and convey information
- Demonstrates English proficiency as per English Language Proficiency Policy
- Acquire and use medical terminology
- Recognize own non-verbal cues and interpret those received from others while considering individual differences in expression and associated meaning

- Identify and address potential and actual constraints to communication
- Evaluate effectiveness of communication in complicated situations
- Lead and/or facilitate group discussions
- Provide and receive feedback for performance improvement
- Record data accurately

3. Social/Behavioral Skills and Abilities

- Demonstrate integrity, compassion and concern for others
- Provide patients with appropriate psychosocial support
- Manage unexpected situations
- Perform multiple responsibilities at the same time
- Ability to work in a stressful, changing environment
- Manage own behaviour to provide safe, compassionate, competent, ethical nursing care
- Work collaboratively and responsibly as a team member
- Manage time appropriately
- Demonstrate cultural competency
- Recognize the needs of patients and respond appropriately
- React appropriately to giving and receiving physical touch and working in close proximity with a full range of patients
- Ability to function in the presence of bodily fluids, noxious odours, noise, distraction and unpredictable behaviors of others
- Maintain interpersonal and professional boundaries

4. Motor/Physical Skills and Abilities

Mobility

- Move within confined spaces (around patient's bed)
- Provide support to standing patient
- Manipulate equipment above shoulders
- Reach below waist
- Assist transfer of patient from bed to chair or bed to bed
- Bend at the waist and reach both arms outward across a patient's bed
- Climb stairs
- Walk distances
- Work with gloves, gown and mask

Fine Motor Skills

- Pick up and manipulate small objects (such as syringes, tubing and cannulae)
- Write legibly
- Use a computer
- Work with fingers in gloves
- Manual dexterity
- Put on gloves, gown and mask
- Apply pressure to a wound

- Perform complex sequences of hand/eye coordination (administer injections)
- Physical Endurance
- Correctly sustain repetitive movements (e.g. Cardiopulmonary Resuscitation [CPR] for 2 continuous minutes)
 - Work entire shift (8-12 hours)
 - Work multiple shifts as scheduled (1-5 consecutive shifts)
 - Stand and maintain balance
 - Attend three-and-a-half hour classes and labs
 - Complete lab and clinical requirements
- Physical Strength
- Push and pull minimum 25 pounds (11 kg) to position patient
 - Support minimum 25 pounds (11 kg) to transfer patient
 - Move objects that weigh more than 45 pounds (20 kg)
 - Perform all aspects of CPR
- 5. Sensory Perceptual Skill and Ability**
- Vision
- Identify objects up to 20 feet (6 m) away
 - Identify objects up to 20 inches (60 cm) away
 - Demonstrate depth perception (injections, assess wound depth)
 - Demonstrate adequate peripheral vision
 - Distinguish colour (cyanosis, wound secretions, colour coded records)
- Hearing
- Identify average speaking level sound to communicate with patient and other health care professionals
 - Identify faint sounds
 - Hear and understand where one is not able to see lips such as when wearing masks
 - Identify high and low frequency alarms
 - Use stethoscope
- Tactile
- Feel vibrations (pulses)
 - Detect temperature (room, skin)
 - Feel differences in surface characteristics (skin texture)
 - Feel differences in sizes and shapes (palpating veins)
- Olfactory
- Ability to detect odours
 - Ability to detect smoke, gases or noxious odours

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