

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

These include nursing therapeutics and activities that are considered to be relatively “**low-complexity**”. Many of these skills are introduced in the first semester of the nursing program and have been practiced in a laboratory setting.

Students may **INDEPENDENTLY** perform “**Foundational Skills**” once competence has been achieved and if directed by a supervisor or preceptor (e.g., assist with activities of daily living). Competence refers to the integrated knowledge, skills, attitudes, abilities and judgment required to practice the nursing skill safely and ethically. Students must have been taught the theory relating to the skill and been judged to safely perform the skill by a clinical instructor or supervisor.

Students are **ALWAYS** expected to recognize their own limitations, act responsibly at all times, and seek supervision appropriately.

Dates & Details - Students to provide relevant information including: person demographics

	Students Dates & Details	Clinical Instructor Signature
	Applies Compresses	<input type="checkbox"/>
	Assists with Oral Feeding	<input type="checkbox"/>
	Assists with Patient Hygiene	<input type="checkbox"/>
	<i>Complete Bed Bath</i>	<input type="checkbox"/>
	<i>Tub Bath or Shower</i>	<input type="checkbox"/>
	<i>Back Care</i>	<input checked="" type="checkbox"/>

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	Dates & Details	Signature
<i>Oral Hygiene</i>		<input type="checkbox"/>
<i>Eye Care</i>		<input type="checkbox"/>
<i>Hair Care</i>		<input type="checkbox"/>
<i>Nail Care</i>		<input type="checkbox"/>
<i>Sitz Bath</i>		<input type="checkbox"/>
Assists with Patient Mobility		<input type="checkbox"/>
<i>Assists with Ambulation (Cane; Crutches; Walker)</i>		<input checked="" type="checkbox"/>
<i>Assists with Range of Motion</i>		<input type="checkbox"/>
Assists with Patient Transfers		<input type="checkbox"/>
<i>Transfer to Stretcher</i>		<input type="checkbox"/>

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	Dates & Details	Signature
<i>Transfer to Wheelchair</i>		<input checked="" type="checkbox"/>
Assists with Patient Positioning		<input type="checkbox"/>
Makes Beds		<input type="checkbox"/>
<i>Occupied</i>		<input type="checkbox"/>
<i>Unoccupied</i>		<input type="checkbox"/>
<i>Post-Op</i>		<input type="checkbox"/>
Handles Hazardous & Infectious Material		<input type="checkbox"/>
Maintains Medical Asepsis		<input type="checkbox"/>
Maintains Sterile Technique		<input type="checkbox"/>
<i>Dons Gloves</i>		<input type="checkbox"/>
<i>Dons Gown</i>		<input type="checkbox"/>

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	Dates & Details	Signature
<i>Dons Mask</i>		<input type="checkbox"/>
<i>Isolation Technique</i>		<input type="checkbox"/>
Monitors, Measures & Records Intake & Output		<input type="checkbox"/>
Performs Hand Hygiene		<input type="checkbox"/>
Takes Vitals		<input type="checkbox"/>
<i>Blood Pressure</i>		<input type="checkbox"/>
<i>Pulse</i>		<input type="checkbox"/>
<i>Pulse Oximetry</i>		<input type="checkbox"/>
<i>Temperature</i>		<input type="checkbox"/>
Uses Proper Body Mechanics		<input type="checkbox"/>

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

Conditional Nursing Skills

List of Psychomotor Skills List that Must Be Supervised Until Advanced Competence Achieved

Many psychomotor skills taught in the Rankin School of Nursing Programs fall into this category (e.g., dressing changes). These skills require more advanced knowledge and dexterity, as well as understanding of the patient situation and context, in order to perform safely. Students perform conditional nursing skills with increased autonomy and responsibility as competence is gained from a basic to an advanced standing level.

Students may INDEPENDENTLY perform “**Conditional Skills,**” once an **advanced level** of competence has been achieved and under the direction of a supervisor or preceptor. Students who achieve an advanced level of a skill consistently:

- Demonstrate knowledge about the skill
- Demonstrate dexterity required to perform the skill safely
- Demonstrate ability to recognize relevant aspects of a situation and anticipate potential complication

Students are **ALWAYS** expected to recognize their own limitations, act responsibly at all times, and seek supervision appropriately.

Date & Details Advanced Competence (Deemed Competent to Provide Skill Independently Under the Direction of a Supervisor or Preceptor)

Please check the check box once signed off by your Clinical Instructor

	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
Administers Medication		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Intramuscular (IM)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Inhalation</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Oral (PO)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
<i>Subcutaneous (including butterfly)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Sublingual (S/L)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Topical</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Rectally (PC)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Administers Oxygen		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Face Mask</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Nasal Prongs</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Portable Oxygen</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Assists with Bladder Elimination		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Inserts Catheter</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Catheter</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Performs Removes Bladder Irrigation (CBI)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

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	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
<i>Performs Catheter Care</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Assists with Bowel Elimination		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Colostomy Care</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Enema</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>
<i>Suppository</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Assists with Diagnostic Testing		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Monitors Blood Glucose Children & Adults</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Peak Flow Measurement</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Prepares Patient for Tests (e.g., specify – e.g., Scopes, X-rays, etc.)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

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	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
Care of Peripheral Intravenous Lines <i>(MUST have completed immunization modules & student certification)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Care of Saline Lock Flush</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Insert Peripheral Intravenous Line</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Monitors & Maintains Peripheral Intravenous Line</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Monitors Infusion Pump</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Remove Peripheral Intravenous Line</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Collects Specimens <i>(Specify – e.g., Urine, Stool, Throat, Wound, etc.)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

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Foundational Psychomotor Skills List**

	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
Completes Care Transitions <i>(Specify – e.g., Admissions; Transfers; Discharges)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Interprets Laboratory and Diagnostic Tests <i>(Specify – e.g., Blood Work; Culture and Sensitivity Results)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Monitors & Maintains Drainage Equipment & Devices <i>(Specify – e.g., Chest Tubes; Wound Drains)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Performs Health Assessment <i>(Specify – e.g., Body System & Person Demographic (e.g., Adolescent, Adult, etc.)</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Performs Suctioning <i>(Specify – e.g., Nasal; Oral) Note: Tracheostomy Care is Else Where</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

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	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
Provides Nasogastric Care		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Tube Care</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Tube Feeding</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Tube Insertion</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Tube Removal</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Provides Post-Mortem		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Provides Surgical- Related Care (Specify – e.g., Preoperative Assessment; Postoperative care)		<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>
Provides Tracheostomy Care		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Cleaning</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Suctioning</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

**Rankin School of Nursing, St Francis Xavier University
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	Basic Competence Date & Details	Signed	Intermediary Competence Date & Details	Signed	Advanced Competence Date & Details	Signed
Provides Wound Care (Specify)		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Clean Wound Dressing</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Removal Sutures/Clips</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Sterile Wound Dressing</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
<i>Wound Irrigation</i>		<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>
Uses Patient Handling Devices (Mechanical Lifts and Slings)		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

“Limited” Skills List that Always Requires Direct Supervision

Students **ALWAYS** require the direct supervision of a supervisor or preceptor (or designate) to perform “**Limited Skills.**” Limited skills bear a high risk of causing patient harm if an error occurs (e.g., change CVAD dressing).

Limited Skills	Date & Details
Administration of Medications	
<i>Administration of ANY Medication by ANY Route to a Newborn</i>	
<i>Administration of ANY High Alert Medication (lists from ISMP from acute care; community/ambulatory care; & long-term care) (Note: some medications can NEVER be given by students; check list for absolute restrictions) (ISMP for Current list)</i>	
<i>Monitor Wastage of ANY Narcotics/Controlled Substances</i>	

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

Limited Skills	Date & Details
Care of Central Venous Access Devices (CVADs)	
<i>Accessing an Implanted CVAD</i>	
<i>Administration of TPN</i>	
<i>Drawing Blood Samples</i>	
<i>Dressing Changes</i>	
<i>Flushing or Aspirating for Patency</i>	
<i>Removal</i>	
Immunizations & Tuberculosis Testing Over Five Years <i>(MUST have completed immunization modules & student certification)</i>	
Monitoring of Neonatal Blood Glucose	

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List**

Limited Skills	Date & Details
Performs Diagnostic Testing	
<i>Electrocardiogram (ECG)</i>	
<i>Fetal Heart Rate Monitoring</i>	
Performs Phlebotomy	
Transfusion of Blood Products	

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

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Students are **ALWAYS** expected to recognize their own limitations, act responsibly at all times, and seek supervision appropriately.

	Signature	Date
Applies Compresses		
Assists with Oral Feeding		
Assists with Patient Hygiene		
<i>Complete Bed Bath</i>		
<i>Tub Bath or Shower</i>		
<i>Back Care</i>		

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Signature	Date
<i>Oral Hygiene</i>		
<i>Eye Care</i>		
<i>Hair Care</i>		
<i>Nail Care</i>		
<i>Sitz Bath</i>		
Assists with Patient Mobility		
<i>Assists with Ambulation (Cane; Crutches; Walker)</i>		
<i>Assists with Range of Motion</i>		
Assists with Patient Transfers		
<i>Transfer to Stretcher</i>		

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Signature	Date
<i>Transfer to Wheelchair</i>		
Assists with Patient Positioning		
Makes Beds		
<i>Occupied</i>		
<i>Unoccupied</i>		
<i>Post-Op</i>		
Handles Hazardous & Infectious Material		
Maintains Medical Asepsis		
Maintains Sterile Technique		
<i>Dons Gloves</i>		
<i>Dons Gown</i>		

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Signature	Date
<i>Dons Mask</i>		
<i>Isolation Technique</i>		
Monitors, Measures & Records Intake & Output		
Performs Hand Hygiene		
Takes Vitals		
<i>Blood Pressure</i>		
<i>Pulse</i>		
<i>Pulse Oximetry</i>		
<i>Temperature</i>		
Uses Proper Body Mechanics		

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	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
Administers Medication						
<i>Intramuscular (IM)</i>						
<i>Inhalation</i>						
<i>Oral (PO)</i>						

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	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
<i>Subcutaneous (including butterfly)</i>						
<i>Sublingual (S/L)</i>						
<i>Topical</i>						
<i>Rectally (PC)</i>						
Administers Oxygen						
<i>Face Mask</i>						
<i>Nasal Prongs</i>						
<i>Portable Oxygen</i>						
Assists with Bladder Elimination						
<i>Inserts Catheter</i>						
<i>Catheter</i>						
<i>Performs Removes Bladder Irrigation (CBI)</i>						

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
<i>Performs Catheter Care</i>						
Assists with Bowel Elimination						
<i>Colostomy Care</i>						
<i>Enema</i>						
<i>Suppository</i>						
Assists with Diagnostic Testing						
<i>Monitors Blood Glucose Children & Adults</i>						
<i>Peak Flow Measurement</i>						
<i>Prepares Patient for Tests (e.g., specify – e.g., Scopes, X-rays, etc.)</i>						

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
Care of Peripheral Intravenous Lines <i>(MUST have completed immunization modules & student certification)</i>						
<i>Care of Saline Lock Flush</i>						
<i>Insert Peripheral Intravenous Line</i>						
<i>Monitors & Maintains Peripheral Intravenous Line</i>						
<i>Monitors Infusion Pump</i>						
<i>Remove Peripheral Intravenous Line</i>						
Collects Specimens <i>(Specify – e.g., Urine, Stool, Throat, Wound, etc.)</i>						

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 Foundational Psychomotor Skills List: Signature Pages**

	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
Completes Care Transitions <i>(Specify – e.g., Admissions; Transfers; Discharges)</i>						
Interprets Laboratory and Diagnostic Tests <i>(Specify – e.g., Blood Work; Culture and Sensitivity Results)</i>						
Monitors & Maintains Drainage Equipment & Devices <i>(Specify – e.g., Chest Tubes; Wound Drains)</i>						
Performs Health Assessment <i>(Specify – e.g., Body System & Person Demographic (e.g., Adolescent, Adult, etc.))</i>						

**Rankin School of Nursing, St Francis Xavier University
Foundational Psychomotor Skills List: Signature Pages**

	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
Performs Suctioning (Specify – e.g., Nasal; Oral) <i>Note: Tracheostomy Care is Else Where</i>						
Provides Nasogastric Care						
<i>Tube Care</i>						
<i>Tube Feeding</i>						
<i>Tube Insertion</i>						
<i>Tube Removal</i>						
Provides Post-Mortem						
Provides Surgical- Related Care (Specify – e.g., Preoperative Assessment; Postoperative care)						
Provides Tracheostomy Care						

**Rankin School of Nursing, St Francis Xavier University
 Foundational Psychomotor Skills List: Signature Pages**

	Basic Competence Signature	Date	Intermediary Competence Signature	Date	Advanced Competence Signature	Date
<i>Cleaning</i>						
<i>Suctioning</i>						
Provides Wound Care (Specify)						
<i>Clean Wound Dressing</i>						
<i>Removal Sutures/Clips</i>						
<i>Sterile Wound Dressing</i>						
<i>Wound Irrigation</i>						
Uses Patient Handling Devices (Mechanical Lifts and Slings)						

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<i>Monitor Wastage of ANY Narcotics/Controlled Substances</i>	

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Limited Skills	Date & Signature
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<i>Accessing and Implanted CVAD</i>	
<i>Administration of TPN</i>	
<i>Drawing Blood Samples</i>	
<i>Dressing Changes</i>	
<i>Flushing or Aspirating for Patency</i>	
<i>Removal</i>	
Immunizations & Tuberculosis Testing Over Five Years <i>(MUST have completed immunization modules & student certification)</i>	
Monitoring of Neonatal Blood Glucose	

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Limited Skills	Date & Signature
Performs Diagnostic Testing	
<i>Electrocardiogram (ECG)</i>	
<i>Fetal Heart Rate Monitoring</i>	
Performs Phlebotomy	
Transfusion of Blood Products	