

Florida International University
 Nicole Wertheim College of Nursing and Health Sciences
 Nursing
SKILLS CHECK LIST

Name: _____ Panther ID _____

Diagnosis	Course	Date assigned	Instructor Initials	Date assigned	Instructor Initials	Comments
Pain (acute and chronic)						
Dermatologic Problems						
Burn Injury						
End of life care, palliative care, hospice						
Shock and Multiple Organ Dysfunction						
Oncology						
Upper Respiratory Tract Disorders						
Chest and Lower Respiratory Tract Disorders						
Chronic Pulmonary Disease						
Dysrhythmias and Conduction Problems						
Complications From Heart Disease						
Hypertension						
Vascular Disorders and Problems of Peripheral Circulation						
Structural, Infectious, and Inflammatory Cardiac Disorders						
Nonmalignant Hematologic Disorders						
Hematologic Neoplasms						
Allergic Disorders						
HIV Infection and AIDS						
Musculoskeletal Disorders						
Musculoskeletal Trauma						
Oral and Esophageal Disorders						
Gastric and Duodenal Disorders						
Intestinal and Rectal Disorders						
Hepatic Disorders						
Biliary Disorders						
Diabetes						
Endocrine Disorders						
Kidney Disorder						

Urinary Disorders						
Female Reproductive Disorders						
Breast Disorders						
Male Reproductive Disorders						
Eye and Vision Disorders						
Hearing and Balance Disorders						
Neurologic Dysfunction						
Cerebrovascular Disorders						
Neurologic Trauma						
Neurologic Infections, Autoimmune Disorders, and Neuropathies						
Oncologic or Degenerative Neurologic Disorders						
Infectious Diseases						
Childrearing						
Special needs child						
Cardiac						
Upper Respiratory Tract Disorders						
Chest and Lower Respiratory Tract Disorders						
Oncology						
Musculoskeletal Disorders						
Musculoskeletal Trauma						
Neurologic Dysfunction						
Cerebrovascular Disorders						
Neurologic Trauma						
Neurologic Infections, Autoimmune Disorders, and Neuropathies						
Infectious Diseases						
Allergic Disorders						
HIV Infection and AIDS						
Oral and Esophageal Disorders						
Gastric and Duodenal Disorders						
Intestinal and Rectal Disorders						
Hepatic Disorders						
Biliary Disorders						
Diabetes						
Endocrine Disorders						
Kidney Disorder						
Urinary Disorders						

SKILL	Date Reviewed	Return Demonstration Lab – Peer Initials and Date	Return Demonstration Lab – Instructor Initials and Date	Return Demonstration Clinical	Instructor Initials	Comments
Bathing a Patient						
Bed positions						
Body mechanics: Using principles						
1. Assisting falling patient						
2. Moving patient in bed						
Bladder irrigation: Intermittent						
Bladder irrigation: Continuous						
Cast care						
Catheter: Condom application						
Catheter: Indwelling catheter care						
Catheterization						
1. Male						
2. Female						
Chest tube & collection system						
1. Set up						
2. Maintenance						
3. Removal						
CPR: Administering						
Chest physiotherapy						
Clipping Hair - male						
Clipping hair - female						
Culture						
1. Wound						
2. Throat						
3. Sputum						
4. Urine						
5. Stool						
Documentation: Nursing Progress Note						
Dressing/undressing patient						

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Dressings & wound care					
1. Opening sterile packs					
2. Simple sterile dressing changes					
3. Complex dressing changes					
4. Wet-dry dressing					
5. Packing a wound					
6. Irrigating a wound					
7. Vacu-drains					
EKG: Monitor & assess 3 lead					
Elimination assistance					
1. Bedpan: Regular					
2. Bedpan: Fracture					
3. Bedside commode					
4. Urinal					
5. Incontinence Care					
Enema: Small volume (i.e., Fleets)					
Enema: Large volume					
Environmental hazard procedures					
1. Fire					
2. Radiation					
3. Biomedical materials					
4. Fall Prevention					
Feeding/Enteral Nutrition					
a. Oral					
b. NGT/GT/J-tube					
<i>a. continuous</i>					
<i>b. bolus/intermittent</i>					
<i>c. aspiration precautions</i>					
Intake/output					
Gloves: Donning & removing					
1. Non-sterile gloves					
2. Sterile gloves					
Gown: Donning and removing					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Glucose testing: Blood					
Hand washing					
Hand washing: surgical hand washing					
Hearing aids care					
Heating & cooling devices					
1. Moist heat pack/compress					
2. Sitz bath					
3. K-pad					
4. Ice collar					
5. Disposable ice pack					
Incentive Spirometer					
IPPB treatment					
Isolation procedures/precautions-PPE					
<i>a. aspiration</i>					
<i>b. contact</i>					
<i>c. droplet</i>					
<i>d. airborne</i>					
IV Insertion					
Mask: Donning & removing					
Medication administration					
1. Dosage calculation					
2. Oral					
<i>a. tablets/capsules</i>					
<i>b. liquid</i>					
3. Intravenous					
<i>a. calculating rate/regulating flow</i>					
<i>b. spiking bags</i>					
<i>c. hanging – gravity drip</i>					
<i>d. hanging using infusion pump</i>					
<i>e. care of site</i>					
<i>f. converting IV to saline lock</i>					
<i>g. IV flush (saline)</i>					
<i>h. Intermittent infusion device</i>					
<i>i. IVP (lab only)</i>					
<i>j. IVPB</i>					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
<i>k. PCA Pump</i>					
<i>l. Discontinuing peripheral IV</i>					
<i>m. Central venous catheters/access devices and their dressing changes</i>					
4. Ear, Nasal, Buccal, Eye					
<i>a. eye drops</i>					
<i>b. eye ointment</i>					
<i>c. ear drops</i>					
<i>d. nasal spray</i>					
5. Metered Dose or Dry Powder					
Medication administration (cont.)					
6. Nebulized Meds					
7. Intramuscular--Adult					
8. Intradermal					
9. NGT/GT					
10. Subcutaneous					
11. Sublingual					
12. Transdermal					
13. Rectal					
14. Vaginal					
Mobility					
1. Crutch-walking					
2. Cane					
3. Quad-cane					
4. Wheelchair					
5. Walker					
6. Post Op					
Nail care: Nail and Foot Care					
NG tube: Insertion					
NG tube: Removal					
Oral Care: Dentures					
Oral hygiene					
Oral hygiene: Unconscious					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Ostomy pouch: Urinary					
Oxygen therapy					
1. Flow rate regulation					
2. Face mask					
3. Tracheostomy mask					
4. Nasal cannula					
5. Humidified O ²					
Sequential Compression Device					
Perineal care: Female					
Perineal care: Male					
Peri-operative care					
2. Medication					
3. NPO status					
4. Dentures					
5. Care of clothing/jewelry					
6. Incentive spirometry					
7. Leg exercises					
Physical assessment-Adult					
1. HEENT					
2. Lymph nodes					
3. Lungs					
4. Heart					
5. Peripheral vascular system					
6. Abdomen					
7. Musculoskeletal-ROM					
8. Neurologic-Glasgow Coma Scale					
Positioning					
1. Lateral					
2. Prone					
3. Supine					
4. Sims					
5. Fowlers					
Pressure ulcers: Assess & treatment					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Post Mortem Care					
Pulse oximetry					
Range of Motion: Active					
Range of Motion: Passive					
Restraints					
1. wrist/ankle					
2. jacket/vest					
3. belt					
4. elbow					
Seizure precautions					
Shampooing hair					
Standard precautions					
Stool: Hematest for Occult Blood					
Stockings: Elastic					
Sterile Field Preparation and Management					
Suctioning					
1. Oral					
2. Nasopharyngeal					
3. Tracheostomy					
Tracheostomy care					
Traction care					
Transfer: Bed to chair to bed					
Transfer: Stretcher					
Transfer: Use of Mechanical Lift					
Transfusion: Blood/Blood Products (Lab only)					
Urine collection: Clean catch					
Urine testing: Chem strips					
Vital signs					
1. Respirations					
2. Temperature: manual/electronic					
1. oral					
2. axillary					
3. rectal					
4. tympanic					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Vital signs (contined)					
3. Blood pressure					
1. Manual					
2. Electronic					
4. Pulses					
1. peripheral					
2. apical					
5. Pain assessment-Adult					
Vision Care: Contact lenses					
Weight/Height: Upright scale-Adult					
Weight: Bed scale					
PSYCHOSOCIAL/MH NURSING					
Mental status assessment					
Mini -mental status assessment					
Psycho-educational groups					
Seclusion & restraints					
Suicide assessment/precautions					
Violence assessment/precautions					
CHILDBEARING NURSING					
Fetal Heart Tones					
Positioning: Lithotomy					
Postpartum care					
1. Bladder function					
2. Bowel function					
3. Breasts					
4. Fundus					
5. Incision					
6. Lower extremities					
7. Lochia					
8. Perineal: Episiotomy/Laceration					
9. Psychosocial-mental status					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Newborn care					
1. Apgar score					
2. Bath					
3. Bulb suctioning					
4. Circumcision care					
5. Feeding: Breast					
6. Feeding: Formula					
7. Gestational age assessment					
8. Identification system					
9. Metabolic screening					
10. Medication/Injection					
11. Physical assessment					
12. Positioning: Newborn					
13. Vital signs					
14. Wrapping					
CHILDREARING NURSING					
Abdominal circumference					
Bed bath: Infant and Pediatric					
Denver Developmental Screening Test					
Diaper weight: Gram scale					
Diaper change					
Feeding: Liquid (Infant, Toddler)					
Feeding: Solids (Infant, Toddler)					
Head circumference					
Intravenous therapy/Fluid chamber					
Linen Change: Pediatric bed					
Length: Infant, Toddler					
Medication administration: Pediatric					
1. Infant					
2. Toddler					
3. Preschooler					
4. School-Ager					
Med dosage calculation: Pediatric					
Pain assessment: Pediatric					

SKILL	Date Reviewed	Return Demonstration Lab	Return Demonstration CL	Instructor Initials	Comments
Physical assessment: (Age Appropriate)					
Vital signs: Neonate, Infant, Pediatric					
Weight: Neonate, Infant, Pediatric					
Pediatric/Childrearing Skills:					
1. Medication Administration					
2. All routes (Eye Ear or Nose gtts, SD, ID, IV, IM, PO, topical, GT, rectal, etc)					
3. IVPB					
4. Syringe pump					
5. IV Fluid Therapy Maintenance					
6. Calculating safety ranges					
7. Immunization Checks vial expiration date. Double-checks vial label and contents prior to drawing up Selects the correct needle size.					

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