CSU Stanislaus Nursing Program
BSN Work Experience Skills Checklist

Personal Care and Hygiene
  - Safety: Falls, Appropriate use of restraints, Body Mechanics, Bed Rails
  - Procedure: Bathing, AM/PM care, oral care, bed making, peri care, shampoo, shave
  - Infection Control: Hand washing, Body substance precautions, isolation techniques, protective gowning

Cardiovascular
  - Vital Signs: Procedure, monitoring equipment, height/weight, vascular assessment, resuscitation

Pain Management
  - Assessment
  - PCA
  - Administration: medication, non-pharmacological, positioning, monitoring

Body Temperature Regulations
  - Application: heat, cool, isolette

Integumentary
  - Assessment: skin turgor, lesions
  - Decubitis: prevention, staging, reporting, treatment
  - Specialty beds
  - Traction: skeletal, skin, pin care

Pulmonary
  - Assessment: breath sounds, respirations,
  - Oxygen Administration: nasal cannula, mask, mask/bag ventilation
  - Incentive Spirometry
  - Tracheostomy: trach care, changing cannula
  - Chest Tube: pleuravac, under water seal
  - Suctioning: oral/nasal, endotracheal, tracheostomy

Gastrointestinal
  - Assessment: bowel sounds, abdominal girth
  - NG tube: insertion, feedings, lavage, equipment
  - Rectal: tube, enemas
  - Specimens: collection, occult blood, glucose
  - Ostomy: irrigations, ostomy care, ostomy teaching

Genitourinary
  - Assessment: bladder, urine
  - Intake: Oral, IV, NG, blood, continuous, documentation
  - Output: urine, foley, continuous bladder irrigation, stool, drains, blood, documentation
  - Fluid Requirements
  - Procedures: foley insertion, foley irrigation, suprapubic catheter, TURP, external catheter care

Musculoskeletal
  - Body Positioning: semi-fowlers, trendelenburg, reverse trendelenburg
  - Movement: ROM, cane, crutches, abduction pillow, transfers
  - Strength: warmth, sensation, movement
- **Dressings**: clean, sterile, wet to dry, wound irrigation, steri strips, staples, cast care, abdominal binder

**Neurological**
- **Assessment**: LOC, PERRLA, motor function, sensory, Glasgow coma scale
- **Seizure Precautions**

**Medications**
- **Medication Administration**: six rights
- **Route**: G-tube, otic, oral, subq, IM, insulin, topical, suppositories, intradermal, optic, IVPB, IV push, inhalation
- **Evaluation**

**Peripheral IV therapy**
- **Initiation**
- **Maintenance**: site care, tubing change, saline/heparin locked, discontinuation, documentation
- **Central line therapy**: site care, tubing changed, documentation
- **Blood administration**

**Patient/Family Teaching**
- **Orientation**: call systems, identification procedures
- **Plan of care development**: individual teaching, group teaching
- **Provide teaching and care**: preoperative, postoperative, other