



**Competency/Skills Self-Appraisal: Long Term/Sub-Acute Care**

RN  LPN

Name \_\_\_\_\_

Date \_\_\_\_\_

Please check the column that applies to your skill level:  
 3= Very Competent > 1yr Exp.      2=Some Help needed <1 yr. Exp.      1=Need Direction <6 months Exp.      0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
▪ BCLS Expires:					▪ Bed/Chair alarms				
▪ ACLS Expires:					▪ Wander Guard/electronic monitoring devices				
▪ RNC Date:					▪ Door alarms				
▪ Other Certification (specify): _____					▪ Resident Bill of Rights				
▪ Computerized Charting System (specify) _____					▪ Fall risk assessments				
▪ Medication Administration System (specify) _____					▪ MDS documentation				
<b>1. AGE SPECIFIC PRACTICE CRITERIA:</b>					▪ Accident/Incident Reports				
▪ Adolescent (12-18 years)					▪ Medication documentation (MAR)				
▪ Young Adults (18-39 years)					▪ Kardex/IV Kardex/Treatment Kardex				
▪ Middle Adults (39-64 years)					▪ Care plan development				
▪ Geriatric (64 +)					▪ Dressing changes				
<b>2. EXPERIENCE WITH AGE GROUPS:</b>					▪ W10 or interagency forms				
▪ Able to adapt care to incorporate normal growth and development					<b>4. LEADERSHIP</b>				
▪ Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level					▪ Charge Nurse				
▪ Ensures safe environment reflecting specific needs of various age groups					▪ Team Leader				
<b>3. GENERAL SKILLS:</b>					▪ Primary Nurse				
▪ Admission/Transfer/Discharge					▪ Other (please specify): _____				
▪ Charting/Documentation/Consents/Care Plans					<b>5. PATIENT TEACHING</b>				
▪ Confidentiality of Information/HIPAA					▪ Pre and post operative teaching				
▪ Restraint Application/Procedures/Safety					▪ Diabetic teaching				
▪ Universal Precautions/Infection Control Procedures					▪ Other patient teaching				
▪ Advance Directives					▪ Caregiver/Family teaching				
▪ JCAHO – National Patient Safety Guidelines					<b>6. PULMONARY SYSTEM</b>				
▪ Ordering Medications and Supplies					Care of Airway Management Devices/Suctioning				
▪ Drug Administration/Unit Dose System					▪ Endotracheal tube/suctioning				
▪ Lab work – ordering and values					▪ Nasal airway/suctioning				
▪ Specimen Collection					▪ Oropharyngeal/suctioning				
▪ Ordering/Preparing patient for Diagnostics					▪ Tracheostomy/suctioning				
▪ Bathing and Skin Care/Oral Care/Peri Care					▪ Assist with intubation/airway establishment				
▪ Patient positioning, Ambulation and ROM					▪ Care of vent patient				
▪ General Patient Assessment, History and Physical					▪ O2 Therapy and Medication Delivery Systems - Ambu bag and mask				
▪ Post Mortem Care and Arrangements					▪ ET tube				
▪ Isolation Criteria/Methods					▪ External CPAP				
▪ Elastic (TED) Hose/Stockings					▪ Face masks				
▪ MRSA/VRSA					▪ Inhalers				
▪ Restorative Nursing Modalities (ROM) and Amputation					▪ Nasal cannula				
▪ Elopement Protocols					▪ Portable O2 Tank				

## Competency/Skills Self-Appraisal: Long Term/Sub-acute Care

Please check the column that applies to your skill level:

3= Very Competent > 1yr Exp. 2=Some Help needed <1 yr. Exp. 1=Need Direction <6 months Exp. 0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
<b>6. PULMONARY SYSTEM CONTINUED:</b>					▪ Closed head injury				
▪ Trach collar					▪ Coma				
▪ Oximetry					▪ Cerebral Vascular Accident (CVA)				
▪ Chest physiotherapy					▪ Dementia/Alzheimer's Disease				
▪ Incentive spirometry					▪ DTs				
▪ Lung sound assessment					▪ Multiple Sclerosis				
▪ Management of vent alarms					▪ Neuromuscular disease				
▪ Interpretation of ABG					▪ Paralysis				
Care of patient with:					▪ Post Head Injury (Concussion)				
▪ ARDS					▪ Seizure Disorders				
▪ Asthma					▪ Seizure Precautions				
▪ COPD					▪ Spinal Cord Injury				
▪ Emphysema					▪ Quadriplegic Care				
▪ Tracheostomy					▪ Paraplegic Care				
▪ Pneumonia					<b>9. ORTHOPEDICS</b>				
▪ Pulmonary Edema					▪ Assessment of orthopedic patient – Circulation checks				
▪ Pulmonary Embolism					▪ Gait				
▪ Tuberculosis					▪ Range of motion				
<b>7. CARDIOVASCULAR SYSTEM:</b>					▪ Skin				
▪ Auscultation/Interpretation Breath & Heart Sounds					▪ Support devices – cane				
▪ Doppler					▪ Cervical Collar				
▪ Pulses/Circulation Checks					▪ Gait belt				
▪ Blood Pressure – noninvasive					▪ Prosthetic				
▪ Placing/Maintaining/ Patient on Telemetry					▪ Sling				
▪ Running & Mounting Rhythm Strips					▪ Transfer boards				
▪ Basic arrhythmia interpretation					▪ Walker				
▪ Basic 12 lead Interpretation					▪ Wheelchair				
▪ Lead Placement					▪ Buck Extension				
▪ Pacemaker - Permanent					▪ Cast removal				
▪ Pulse Oximetry					▪ K-wires/Steinman Pins				
Care of patient with:					▪ Removal of hardware				
▪ Aneurysm					▪ Spika/body cast				
▪ Angina					Care of patient with:				
▪ Arterial Disease					▪ Amputation				
▪ Cardiac Arrest					▪ Arthroscopic surgery				
▪ Congestive Heart Failure (CHF)					▪ Cast				
▪ Hypertension					▪ Osteoporosis				
▪ Post acute MI					▪ Splints				
▪ Post angioplasty					▪ Fracture complications – fat embolus				
▪ Post cardiac cath					▪ Pinned fractures				
▪ Post cardiac surgery					▪ Rheumatic/arthritis disease				
▪ Thrombophlebitis					▪ Total hip replacement				
<b>8. NEUROLOGICAL SYSTEM</b>					▪ Total knee replacement				
▪ Neurological assessment – cerebellar function/cranial nerves/level of consciousness/pathologic reflexes					▪ Lumbar laminectomy				
▪ Glasgow coma scale					▪ Traction				
Care of patient with:					▪ Positioning of patient – hip replacement				
▪ Aneurysm precautions					▪ Positioning of patient – lumbar laminectomy				

## Competency/Skills Self-Appraisal: Long Term/Sub-acute Care

Please check the column that applies to your skill level:

3= Very Competent > 1yr Exp. 2=Some Help needed <1 yr. Exp. 1=Need Direction <6 months Exp. 0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
<b>10. GASTROINTESTINAL SYSTEM</b>					▪ Hemodialysis				
▪ Assessment of GI patient - abdominal/bowel sounds					▪ Nephrectomy				
▪ Fluid balance					▪ Peritoneal Dialysis				
▪ Nutritional requirements					▪ Renal Transplant				
▪ Administration of tube feeding					▪ TURP				
▪ Feeding pump					▪ Urinary diversion/ileal conduit Nephrostomy				
▪ Gravity feeding					▪ Urinary tract infection				
▪ Saline lavage					▪ Kidney stones				
▪ Flexible feeding tube – (Corpak,Dobhoff)					▪ Straining urine				
▪ Management of Gastrostomy tube					▪ Post renal surgery				
▪ Jejunostomy tube					▪ Renal Trauma				
▪ T-tube					▪ A&P Repair				
▪ Placement of nasogastric tube					▪ Hysterectomy				
▪ NG Medication Administration					<b>12. ENDOCRINE/METABOLIC SYSTEMS</b>				
▪ Colostomy care/Pouch systems					▪ Metabolic assessment				
▪ Enterostomal care					▪ S/S diabetic coma				
▪ Hemocult test					▪ S/S insulin reaction				
Care of patient with:					▪ Interpretation of blood glucose results				
▪ Bowel obstruction					▪ Use of electronic blood glucose monitoring device				
▪ GI Bleeding					▪ Use of visual blood glucose strips				
▪ Colostomy					▪ Performing finger stick				
▪ Ileostomy					▪ Indwelling insulin pump				
▪ Hepatitis					▪ Recognizing diabetic complications/emergencies				
▪ Inflammatory bowel disease					Care of patient with:				
▪ Liver failure					▪ Diabetes mellitus				
▪ Pancreatitis					▪ Addison's Disease				
▪ Paralytic ileus					▪ Diabetes insipidus				
▪ Invasive diagnostic testing – Upper GI Endoscopy/Colonscopy					▪ Grave's Disease				
▪ Gallbladder Disease					▪ Hypothyroidism				
▪ Cholecystectomy					▪ Thyroidectomy				
▪ ERCP					<b>13. ONCOLOGY</b>				
<b>11. RENAL/GENITOURINARY SYSTEM</b>					▪ Assessment of oncology patient including nutritional status				
▪ Renal/Genitourinary assessment					▪ Pain control				
▪ AV fistula/shunt					▪ Interpretation of lab results – blood chemistry and blood counts				
▪ Fluid and electrolyte balance					▪ Reverse Isolation procedures				
▪ Interpretation of BUN and creatinine					▪ Fluid and electrolyte imbalance/dehydration				
▪ Insertion and care of straight and Foley catheter – male and female					Care of patient with:				
▪ Catheter care – 3 way Foley					▪ Fresh oncologic surgery				
▪ Catheter care – supra-pubic					▪ Inpatient hospice				
▪ Bladder irrigations – continuous					▪ Leukemia				
▪ Bladder irrigation – intermittent					▪ Radiation implant				
▪ Specimen collection – routine					▪ Oncological Crisis				
▪ Specimen collection – 24 hour					<b>14. INFECTIOUS DISEASES</b>				
▪ Nephrostomy tube care					▪ Interpretation of lab results – blood count				
▪ Use of Chemstrips					▪ Fever management				
Care of patient with:					▪ Isolation procedures				
▪ Renal failure									

## Competency/Skills Self-Appraisal: Long Term/Sub-acute Care

Please check the column that applies to your skill level:

3= Very Competent > 1yr Exp. 2=Some Help needed <1 yr. Exp. 1=Need Direction <6 months Exp. 0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
Care of patient with:					▪ Anticonvulsants				
▪ AIDS					▪ Alupent				
▪ Hepatitis					▪ Bronkosol				
▪ MRSA/VRSA					▪ Carbamazepine (tegretol)				
<b>15. EYE, EAR, NOSE, THROAT</b>					▪ Carbidopa-Levodopa (Sinemet)				
▪ Nose Bleeds					▪ Cardizem (diltiazem hydrochloride)				
▪ Ear Infections					▪ Chemotherapy				
▪ Cataract Surgery					▪ Clonazepam (Klonopin)				
▪ Glaucoma					▪ Corticosteroids				
<b>16. PAIN MANAGEMENT</b>					▪ Coumadin				
▪ Assessment of pain level/tolerance					▪ Digoxin				
<b>17. WOUND MANAGEMENT</b>					▪ Dilantin (Phenytoin)				
▪ Assessment of skin for impending breakdown					▪ Epinephrine				
▪ Stasis ulcers					▪ Heparin – Sub Q				
▪ Surgical wound healing					▪ Hydrocortisone				
▪ Use of air fluidized, low airloss beds					▪ Insulin				
▪ Sterile dressing changes					▪ Lasix				
▪ Wound care/irrigation					▪ Lorazepam (Ativan)				
▪ Pressures sores					▪ Nitroglycerine (Tridil)				
▪ Staged decubitus ulcers					▪ Oral and IVP antihypertensives				
▪ Surgical wounds with drains					▪ Oral hypoglycemics				
▪ Traumatic wounds					▪ Phenobarbital				
▪ Burns					▪ Prednisone				
<b>18. PHLEBOTOMY</b>					▪ Procardia				
▪ IV Pump set up					▪ Steroids				
▪ Drawing blood from central line					▪ Thyroid medications				
▪ Drawing venous blood					▪ Valium (Diazepam)				
▪ IV Starts					▪ Ventolin (Albuterol)				
▪ Angiocath					Drug categories				
▪ Butterfly					IV antibiotics				
▪ Heparin Lock					▪ Anticonvulsant drugs				
▪ Peripheral Line dressings					▪ Psychotropic drugs				
▪ Central line/catheter dressing					▪ Sedation				
▪ Broviac					▪ Antiarrhythmics				
▪ Groshong					▪ Electrolyte and replacement therapy				
▪ Hickman					▪ Antianginals				
▪ Portacath					▪ Antilipemics				
▪ Quinton					▪ Diuretics				
▪ CVP readings									
▪ Drains (Hemovacs, Jackson-Pratt, Penrose, etc.)									
▪ TPN/Hyperalmination									
▪ Air occlusive dressing									
▪ Thrombophlebitis									
▪ Ultrasonic Doppler									
<b>19. SPECIFIC MEDICATION KNOWLEDGE:</b>									
▪ Aminophylline									