

Competency/Skills Self-Appraisal: Psychiatric

RN LPN

Name _____

Date _____

3= Very Competent > 1yr Exp.

Please check the column that applies to your skill level:

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:					▪ Restraint Application/Procedures/Safety				
▪ MAB Expires:					▪ Universal Precautions/Infection Control Procedures				
▪ RNC Date:					▪ Advance Directives				
▪ Other Certification (specify): _____					▪ JCAHO – National Patient Safety Guidelines				
▪ Computerized Charting System (specify) _____					▪ Ordering Medications and Supplies				
▪ Medication Administration System (specify) _____					▪ Drug Administration/Unit Dose System				
1. AGE SPECIFIC PRACTICE CRITERIA:					▪ Lab work – ordering and values				
▪ Newborn/Neonate (birth to 30 days)					▪ Specimen Collection				
▪ Infant (30 days to 1 year)					▪ Ordering/Preparing patient for Diagnostics				
▪ Toddler (1 -3 years)					▪ Bathing and Skin Care/Oral Care/Peri Care				
▪ Preschooler (3-5 years)					▪ Anesthetic Types and Complications				
▪ School Age Children (5-12 years)					▪ Patient positioning, Ambulation and ROM				
▪ Adolescent (12-18 years)					▪ General Patient Assessment, History and Physical				
▪ Young Adults (18-39 years)					▪ Post Mortem Care and Arrangements				
▪ Middle Adults (39-64 years)					▪ Isolation Criteria/Methods				
▪ Geriatric (64 +)					▪ Elastic (TED) Hose/Stockings				
2. EXPERIENCE WITH AGE GROUPS:					▪ Auscultation/Interpretation Breath & Heart Sounds				
▪ Able to adapt care to incorporate normal growth and development					▪ Pulses/Circulation Checks				
▪ Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level					▪ Blood Pressure – noninvasive				
▪ Ensures safe environment reflecting specific needs of various age groups					▪ Placing/Maintaining/ Patient on Telemetry				
3. TREATMENT SETTINGS:					▪ Running & Mounting Rhythm Strips				
▪ Inpatient Hospital Psych Unit					▪ Basic arrhythmia interpretation				
▪ Inpatient Acute Psychiatric Facility					▪ Basic 12 lead Interpretation				
▪ Chronic Psychiatric Facility					▪ Lead Placement				
▪ Outpatient Clinic/Community Setting					▪ Care of patient with pacemaker				
▪ Forensic Unit (Prison)					▪ Pulse Oximetry				
▪ Eating Disorder Unit					▪ IV Pump set up				
▪ Substance Abuse/Rehab Unit					▪ Drawing blood from central line				
▪ Adolescent Unit					▪ Drawing venous blood				
▪ Children's Unit					▪ IV Starts				
▪ Locked Unit/Ward					▪ Angiocath				
▪ State Institution					▪ Butterfly				
▪ Crisis Intervention Center					▪ Heparin Lock				
4. GENERAL NURSING SKILLS:					▪ Administration of blood/blood products – Whole blood				
▪ Admission/Transfer/Discharge					▪ Albumin/plasma				
▪ Charting/Documentation/Consents/Care Plans					▪ Packed Red Blood Cells				
▪ Confidentiality of Information/HIPAA					▪ Cryoprecipitate				

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4. GENERAL NURSING SKILLS CONTINUED:					▪ NG Medication Administration				
▪ Peripheral Line dressings					▪ Colostomy care/Pouch systems				
▪ Central line/catheter dressing					▪ Cardiac Arrest				
▪ Broviac					▪ End of life care				
▪ Groshong					▪ AV fistula/shunt				
▪ Hickman					▪ Fluid and electrolyte balance				
▪ Portacath					▪ Interpretation of BUN and creatinine				
▪ Quinton					▪ Insertion and care of straight and Foley catheter – male and female				
▪ CVP readings					▪ Catheter care – 3 way Foley				
▪ Drains (Hemovacs, Jackson-Pratt, Penrose, etc.)					▪ Catheter care – supra-pubic				
▪ Dressing Changes					▪ Bladder irrigations – continuous				
Care of Airway Management Devices/Suctioning					▪ Bladder irrigation – intermittent				
▪ Endotracheal tube/suctioning					▪ Specimen collection – routine				
▪ Nasal airway/suctioning					▪ Specimen collection – 24 hour				
▪ Sputum specimen collection					▪ Nephrostomy tube care				
▪ Tracheostomy/suctioning					▪ Intake and Output				
▪ Assist with intubation					▪ Lift and transfer devices				
O2 Therapy and Medication Delivery Systems					▪ Support devices – cane				
▪ Ambu bag and mask					▪ Cervical Collar				
▪ ET tube					▪ Gait belt				
▪ External CPAP					▪ Prosthetic				
▪ Face masks					▪ Sling				
▪ Inhalers					▪ Transfer boards				
▪ Nasal cannula					▪ Walker				
▪ Portable O2 Tank					▪ Wheelchair				
▪ Trach collar					▪ Traction				
▪ Oximetry					▪ Seizure precautions				
▪ Chest physiotherapy					▪ Assist with lumbar puncture				
▪ Incentive spirometry					5. WOUND MANAGEMENT:				
▪ S/S diabetic coma					▪ Assessment of skin for impending breakdown				
▪ S/S insulin reaction					▪ Stasis ulcers				
▪ Interpretation of blood glucose results					▪ Surgical wound healing				
▪ Use of electronic blood glucose monitoring device					▪ Use of air fluidized, low airloss beds				
▪ Use of visual blood glucose strips					▪ Sterile dressing changes				
▪ Performing finger stick					▪ Wound care/irrigation				
▪ Indwelling insulin pump					▪ Pressures sores				
▪ Recognizing diabetic complications/emergencies					▪ Staged decubitus ulcers				
▪ Fluid balance					▪ Surgical wounds with drains				
▪ Nutritional requirements					▪ Traumatic wounds				
▪ Interpretation of blood chemistry					6. PAIN MANAGEMENT:				
▪ Administration of tube feeding					▪ Assessment of pain level/tolerance				
▪ Feeding pump					▪ Care of patient with anesthesia/analgesia				
▪ Gravity feeding					▪ IV Conscious sedation				
▪ Flexible feeding tube – (Corpak,Dobhoff)					▪ Narcotic analgesia				
▪ Management of Gastrostomy tube					▪ PCA Pump – patient controlled analgesia				
▪ Jejunostomy tube					7. TEACHING:				
▪ T-tube					▪ Patient				
▪ Placement of nasogastric tube					▪ Family				

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8. PSYCHIATRIC ASSESSMENT:					▪ Crisis Counseling				
▪ Admission					▪ Behavior Modification				
▪ Initial nursing assessment and care plan					▪ Group Therapy				
▪ Initial treatment plan					▪ Psychiatric Home Health				
▪ Neurological vital signs					▪ Telephonic Crisis Intervention				
▪ Nursing diagnoses					▪ Social/Vocational Training				
▪ Nursing reassessment and care planning update					▪ Assault Behavior Management				
▪ Suicide risk assessment					▪ Activity/Recreation Therapy				
▪ Charting/documentation/consents					▪ 1:1 Therapy/Interaction				
▪ Securing hazardous items on admission					12. EQUIPMENT AND PROCEDURES:				
▪ Confidentiality					▪ Active participation in multi-disciplinary staffing				
▪ Giving and receiving report on patients					▪ Assist in ECT therapy				
▪ Orienting patient to unit					▪ Charting – behavioristic				
▪ Patient rights					▪ Charting – Treatment/goal oriented				
▪ Making rounds					▪ Discharge planning				
▪ Safety checks					▪ Management of drug/alcohol detox symptoms				
▪ Special precaution procedures – suicide watch					▪ Management of assaultive behavior				
▪ Restraint and seclusion procedures					Care of patient with:				
9. CLINICAL ASSESSMENT TOOLS:					▪ Alcohol dependency				
Intelligence Assessment					▪ Drug Dependency				
▪ Wechsler Intelligence Scale (WAIS)					▪ ECT				
▪ Wechsler Intelligence Scale for Children					▪ Hallucinations				
Personality Assessment					▪ Manic behavior				
▪ Minnesota Multiphasic Personality Inventory (MMPI)					▪ Med-psych patient				
▪ Rorschach Test					▪ Organic disorder				
▪ Thematic Apperception Test (TAT)					▪ Partial hospitalization/intensive outpatient program patient				
▪ Child's Apperception Test (CAT)					▪ Seclusion and restraints				
▪ Informal Cognitive Status Assessment					▪ Seizure disorder				
▪ Mental Status Assessment					▪ Suicidal behavior				
▪ Gestalt Test					13. CRISIS MANAGEMENT:				
▪ Stanford-Binet Test					▪ Homicide				
10. COMMUNICATION TECHNIQUES:					▪ Suicide				
▪ Active listening					▪ Suicide Precautions				
▪ Restatement/Reflection					▪ Rape				
▪ Clarification					▪ Violent Patient				
▪ Focusing					▪ Violent Family				
▪ Confronting					▪ Use of Rapid Response Teams				
▪ Summarizing					▪ Rapid tranquilization				
11. THERAPEUTIC INTERVENTIONS:					▪ Care of patient in isolation				
▪ Limit setting					▪ Restraints - application and assessment				
▪ Positive Reinforcement					▪ Ambulatory cuffs				
▪ Reality Orientation					▪ Full restraints				
▪ Questioning					▪ Wrist restraints				
▪ Psychotherapy					14. LEGAL AND ETHICAL ISSUES:				
▪ Behavior Therapy					▪ Legal Rights of the Mentally Ill				
▪ Milieu Therapy					▪ Informed Consent				
▪ Relationship/Family Therapy					▪ Right to refuse treatment				
▪ Electroconvulsive Therapy					▪ Voluntary Commitment				

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14. LEGAL AND ETHICAL ISSUES CONTINUED:					▪ Bulimia				
▪ Involuntary Commitment					▪ Pica				
▪ Use of restraints					17. SUBSTANCE ABUSE:				
▪ Use of seclusion					▪ Alcoholism				
▪ Terasoff "Duty to Warn"					▪ Alcohol Withdrawal Syndrome				
15. LEADERSHIP:					▪ Delirium Tremens (DTs)				
▪ Charge nurse					▪ Wernicke-Korsakoff Syndrome				
▪ Team Leader					▪ Drug Abuse				
▪ Primary Nurse					▪ Hallucinogenic				
▪ Group Leader					▪ Opiates				
▪ Leading patient focused groups					▪ Heroin				
▪ Other: _____					▪ Prescription				
16. PSYCHIATRIC DISORDERS:					▪ Stimulants				
▪ Mood Disorders					▪ Cocaine				
▪ Major Depression					▪ Amphetamines				
▪ Dysthymia					▪ Benzodiazepams				
▪ Bipolar Disorder/Manic Depressive Illness					▪ Drug Withdrawal/Detoxification				
▪ Type I					18. SEXUAL DYSFUNCTION:				
▪ Type II					▪ Gender Identity Disorders				
▪ Anxiety Disorders					▪ Paraphilias				
▪ GAD – Generalized Anxiety Disorder					▪ Psychosexual Dysfunctions				
▪ Panic					19. CHILD/ADOLESCENT:				
▪ Post Traumatic Stress Disorder					▪ Conduct Disorder				
▪ Obsessive-Compulsive					▪ Separation Anxiety				
▪ Phobias					▪ ADHD Attention Deficit Hyperactivity Disorder				
▪ Psychotic Disorders					▪ ADD Attention Deficit Disorder				
▪ Schizophrenia					▪ Elimination Disorders				
▪ Schizophreniform Disorder					▪ Encopresis				
▪ Schizoaffective Disorder					▪ Enuresis				
▪ Personality Disorders					▪ Pervasive Developmental Disorders				
▪ Antisocial					▪ Autism				
▪ Passive Aggressive					▪ Aspergers Syndrome				
▪ Paranoia					▪ Rett's Syndrome				
▪ Borderline					▪ Self Destructiveness				
▪ Schizotypal Personality Disorder					▪ Suicidal Behavior				
▪ Congenital Disorders					▪ Runway Behavior				
▪ Mental Retardation					▪ Substance abuse				
▪ Down's Syndrome					▪ Delinquent Behavior				
▪ Cystic Fibrosis					▪ Neglect/Lack of parental involvement				
▪ Cerebral Palsy					▪ Physical Abuse				
▪ Spina Bifida					▪ Sexual Abuse				
▪ Degenerative Disorders					▪ Care of delusional patient				
▪ Alzheimer's Disease					▪ Care of patient with hallucinations				
▪ Parkinson's Disease					▪ Motor skill disorders				
▪ Huntington's Chorea					▪ Communication disorders				
▪ Eating Disorders					20. OTHER:				
▪ Anorexia Nervosa					▪ Acquired Brain Injury				

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20. OTHER CONTINUED:					21. SPECIFIC MEDICATION KNOWLEDGECONTINUED:				
▪ Dementia					▪ Lorazepam (Ativan)				
▪ Tic Disorders					▪ Methylprednisolone (Solu Medrol)				
▪ Patient Defensive Mechanisms					▪ MAOIs				
▪ Communication with other staff members					▪ Methadone				
▪ Problem identification/intervention					▪ Methylprednisolone (Solu Medrol)				
▪ Documentation of responses to psychiatric treatment					▪ Nitroglycerine (Tridil)				
21. SPECIFIC MEDICATION KNOWLEDGE:					▪ Oral and IVP antihypertensives				
▪ Administration of oral psychotropic medications					▪ Oral hypoglycemics				
▪ Intramuscular					▪ Phenobarbital				
▪ Management of extrapyramidal symptoms (EPS)					▪ Prednisone				
▪ Oral					▪ Procardia				
▪ Rectal					▪ SSRI's				
▪ Sub-Q					▪ Seroquel				
▪ Unit dose					▪ TCA				
▪ Z-technique					▪ Thorazine				
▪ IV					▪ Thyroid medications				
▪ Reconstitution and Dilution of drugs					▪ Valium (Diazepam)				
▪ Drug dosage calculation					▪ Ventolin (Albuterol)				
▪ Side Effects					▪ Zyrexa				
▪ Adverse Effects									
▪ Anaphylaxis									
▪ Neuroleptic Malignant Syndrome									
▪ Tardive Dyskinesia									
▪ Aminophylline									
▪ Anticonvulsants									
▪ Atropine									
▪ Benzodiazepines									
▪ Carbamazepine (tegretol)									
▪ Carbidopa-Levodopa (Sinemet)									
▪ Cardizem (diltiazem hydrochloride)									
▪ Clonazepam (Klonopin)									
▪ Coumadin									
▪ Decadron (Dexamethasone)									
▪ Demerol									
▪ Depakote									
▪ Digoxin									
▪ Dilantin (Phenytoin)									
▪ Dopamine									
▪ Epinephrine									
▪ Fentanyl									
▪ Haldol									
▪ Heparin									
▪ Insulin									
▪ Lasix									
▪ Levodopa									
▪ Lidocaine									
▪ Lithium									