

## SKILLS AND COMPETENCIES LIST

0	No Knowledge	5	Minimal Competence in Practice
1	Theory only	6	Some Competence in Practice
2	Theory and Lab	7	Competent in Practice
3	Shadowing Exposure	8	Very Competent in Practice
4	Clinical Placement	9	Extremely Competent in Practice

### Area of Nursing

Emergency Nursing	7
Forensic Nursing	4
Gerontological Nursing	8
Infection Control Nursing	6
Inpatient Nursing	7
Long-Term Care	8
Maternity Nursing	5
Medical-Surgical Nursing	7
Mental Health Nursing	6
Occupational Health Nursing	5
Palliative Nursing	8
Pediatric Nursing	6
Public Health Nursing	6
Remote and Rural Nursing	8
Labour and Delivery	4

### Assessment

Head-to-Toe Assessment	9
Neurological Assessment	8
Head Neck Assessment	7
EENT Assessment	7
Thorax and Lung Assessment	8
Cardiovascular Assessment	8
Abdominal Assessment	8
Gastrointestinal Assessment	8
Urogenital Assessment	8
Musculoskeletal Assessment	8
Integumentary Assessment	8
Hematological Assessment	7
Lymphatic Assessment	7
Doppler	7

### Personal Qualities

Cultural Sensitivity	7
Ambition	9
Critical Thinking	9
Leadership	8
Organization	8
Planning	8
Time Management	7
Advocacy	8

### Vitals

Temperature	9
Peripheral Pulse	9
Apical Pulse	9
Respirations	9
Blood Pressure	9
Oxygen Saturation	9
Pain	9
Blood Glucose	9
Neurovitals	9

### Knowledge

Epidemiology	7
Nursing Theory	8
Pathophysiology	8
Pharmacology	8
Recreation and Leisure	7

### Acute Care

Inserting PICC Line	3
Blood Therapy	5
Heparin Drip	2
Insulin Drip	2
Acetaminophen Toxicity Protocol	6
Pressors	5

## Medication

PO Medication Administration	9
SC Medication Administration	9
Continuous SC Medication Administration	1
Intradermal Medication Administration	2
IM Medication Administration	9
IV Line Medication Administration	8
IV Push Medication Administration	2
IO Medication Administration	3
Inhalation Medication Administration	9
Nebulizer Medication Administration	8
Topical Medication Administration	9
Ophthalmic Medication Administration	9
Otic Medication Administration	9
Nasal Medication Administration	9
Tube Medication Administration	7
PR Medication Administration	7
Vaginal Medication Administration	6
Dermal Implant	3

## Process

Admissions	7
Transferring	7
Discharge	7
Therapeutic Relationship	7
Patient Teaching	9
Nursing Care Plans	8
Documentation	8
Referrals	7
Transcription of Orders	8
Communication with Patient	8
Communication with Family/SDM	8
Communication with HCP	8
SBAR	8
De-Escalation	7

## Elimination

Catheter Care	8
Catheterization	8
Intestinal Ostomy Care	8
Catheter Irrigation	8
Continuous Bladder Irrigation	5
Urinary Ostomy Care	6
Suprapubic Catheter	1
Administering and Enema	8
Fecal Disimpaction	6
Rectal Tube	6
Enteric Tubes	6
Nasogastric Tubes	6

## Activity and Mobility

Promoting Activity and Exercise	7
Assistive Devices	8
Positioning	9
Transferring	9
Pressure Relieving Devices	8
Pressure Ulcer Management	8

## Hygiene

Bathing	9
Peri Care	9
Mouth Care	9
Grooming	9
Foot Care	9
Eye Irrigation	7
Ear Irrigation	8
Skin Care	9

## Infection Control

Hand Hygiene	9
Isolation Precautions	9
PPE	9
Sterile Technique	8
Antibiotic Stewardship	6
Respirator Fit Testing	9

## Emergency

Code Response	7
CPR	7
ACLS	3
Neonatal Resuscitation	5
Defibrillation	3
Oropharyngeal Airway	3
Intubation	3
Inserting IO Line	3
Emergency Medical Travel	6

## Medical-Surgical

IV Access	6
IV Management	7
Central Venous Access Device	5
Drains	5
Chest Tubes	2
Skin Traction Management	1
Skeletal Traction Management	1
Radiology	6

## Oxygenation

Oxygen Therapy	8
Tracheostomy Care	7
Oropharyngeal Suctioning	7
Nasopharyngeal Suctioning	7
Endotracheal Suctioning	7
Mechanical Ventilation	3

## Cardiac

Applying Cardiac Monitor	7
Obtaining 12 Lead ECG	7
ECG Interpretation	6
Palliative Care	9
End of Life Care	9
Postmortem Care	8

## Specimen Collection

Phlebotomy	7
PICC/CVAD	3
ABGs	1
Cerebrospinal	1
Nasal	7
Pharyngeal	7
Buccal	7
Sputum	6
Wound	7
Biopsy	3
First Catch Urine	7
Clean Catch Urine	7
Catheterized Urine	7
Prostatic Fluid	5
Genital	7
Cervical	3
Gastric	6
Stool	7

## Surgery

Preoperative Assessment	7
Preoperative Teaching	7
Surgery Preparation	4
Intrasurgical	4
PACU	4
Postoperative Care	4

## Safety and Comfort

Fall Management	9
Pharmacological Pain Management	8
Nonpharmacological Pain Management	8
Restraints	7
Seizure Precautions	6
Hazard Exposure Management	6

## Prenatal

Breast Examination	4
Teaching Breast Self Examination	4
Pelvic Examination	4
Assessing Reflexes and Clonus	7
Administration of Rh Immune Globulin	1
Assisting with Amniocentesis	1
Fetal Non-Stress Test	2
Fetal Contraction Stress Test	2
Fetal Biophysical Profiling	2
Fetal Heart Auscultation	2
Eclampsia Management	2
Gestational Diabetes Management	2
Gestational Hypertension	2

## Postpartum

Fundus assessment	4
Lochia Assessment	4
Postpartum Perineal Assessment	4
Assisting With Breastfeeding	2

## Pediatric

Growth Chart Plotting	7
Medication Dosing	6
Restraints	2
Pain Management	7
Palliation and End of Life	7
Milestone Assessment and Intervention	6
Fluid Management	6

## Intrapartum

Vaginal Examination	6
Assisting with Amniotomy	1
Performing Leopold Manoeuvres	2
Fetal Heart Auscultation	4
Electronic Fetal Heart Monitoring	4
Applying Fetal Scalp Electrode	1
Labour Induction	3
Assisting with Epidural	2
Prolapsed Cord Management	2
Shoulder Dystocia Management	2
Hemorrhage Management	2
Meconium Aspiration Management	4

## Public Health

Population Health Assessment	7
Program Planning	7
Stakeholder Identification and Engagement	7
Program Implementation and Intervention	7
Program Evaluation	7
Application of the Determinants of Health	9
Immunization	7
Harm Reduction	7
Policy Development	8
Epidemiology	8
Contact Tracing	3
Case Management	3

## Neonatal

Nasal Pharyngeal Suctioning	5
APGAR Scoring	5
Thermoregulation	5
Umbilical Cord Care	5
Circumcision Care	1
Phototherapy	4
Isolette	5
Heel Prick	4
Oral Sucrose	4
Neonatal Vitals	5
Neonatal Biometrics	5

## Mental Health

Trauma-Informed Care	7
Suicidal Ideation	7
Alcohol Withdrawal	6
Opioid Toxicity	6
Stimulant Toxicity	2
Forensics	4
Naloxone Administration	2

## Management

Human Resources	6
Job Demand Analysis	7
Policy Development	7
Workplace Accommodation	6
Supervising	7
Delegation	7

## Communication

English	9
French	7
Communication Skills	8
Customer Service	9
Phone Etiquette	9
Presentation Skills	8
Public Speaking	8

## Informatics

Microsoft Access	6
Microsoft Excel	8
Microsoft Outlook	8
Microsoft PowerPoint	7
Microsoft Teams	7
Microsoft Word	8
Computer Operation	8
Computer Skills	8
Data Entry	8
Technical Support	7

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