

## Carl Sandburg College of Nursing & Health Professions

### Essential Skills & Abilities required for: Health Profession Programs

The Health Professions **applicant/student** must possess the knowledge and ability to effectively assist his or her patient's biophysical, psychological, social, cultural, and intellectual domains. Further, the Health Professions student must continuously and competently analyze the patient's condition and through intellectual reasoning determine the patient's status or need, plan independently or collaboratively for appropriate diagnostic or therapeutic actions, take appropriate measures in accordance with the profession's scope of practice, and evaluate the care delivered and the patient's response to it.

An **applicant/student** for any of the Health Professions must have the essential skills and abilities necessary to provide competent patient care. These skills and abilities include: observation; communication; motor ability; conceptualization; integration and quantification; and behavioral/social acceptability. Technological compensation can be made for some handicaps in certain of these areas, but an applicant should be able to perform in a reasonably independent manner. The use of a trained intermediary is not acceptable, in that an applicant's judgment must be mediated by someone else's power of observation and selection.

The following skills and abilities are necessary to meet the requirements of the curriculum:

- 1) **OBSERVATION:** The applicant/student must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. It is enhanced by the functional use of the sense of smell.
- 2) **COMMUNICATION:** The applicant/student must be able to speak, to hear, and to observe patients in order to provide instructions and elicit information; describe changes in mood, activity, and posture; and perceive nonverbal communications. An applicant/student must be able to communicate effectively and sensitively with patients. Communication includes not only speech but reading and writing. The applicant must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.
- 3) **MOTOR:** Applicants/students should have sufficient motor function to elicit information from patients by palpation auscultation, percussion, and other assessment procedures. An applicant/student must have sufficient motor skills to gain access to patients in a variety of care settings and to manipulate the equipment central to performing diagnostic procedures and providing treatment to clients under their care. Such actions require coordination of both gross and fine muscular movement, equilibrium, and functional use of the senses of touch and vision.
- 4) **INTELLECTUAL-CONCEPTUAL, INTEGRATIVE, AND QUANTITATIVE ABILITIES:** These abilities include measurement, calculation, reasoning, analysis, and synthesis. Problem-solving, the critical skills demanded of Health Professions student, requires all of these intellectual abilities.
- 5) **BEHAVIORAL AND SOCIAL ATTRIBUTES:** An applicant/student must possess the emotional health required for full utilization of his or her intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the care of patients, and the development of mature, sensitive, and effective relationships with patients. Applicants/students must be able to tolerate physically taxing workloads and to function effectively under stress. They must be able to adapt to changing environment, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest, and motivation are all personal qualities necessary for members of the health profession.

Carl Sandburg College affirms that all students enrolled in the Health Profession programs must possess those intellectual, ethical, physical, and emotional capabilities required to undertake the full curriculum and to achieve the levels of competence required by the faculty for safe professional practice.



**Carl Sandburg College of Nursing & Health Professions**  
**Essential Skills & Abilities required for:**  
**Health Profession Programs**

- EMS – Paramedic/EMT**
- Nursing – RN/LPN/CNA**
- Medical Assistant**
- Phlebotomy**
- Diagnostic Imaging – Radiology Technology/CT/MRI**

The essential skill sheets are lists of the most commonly encountered qualities and skills typically necessary to be successful in a particular health professions program or area of interest. The information contained in an essential skills sheet is not all-inclusive and is intended to be used as a guide only. Individual programs may have specific requirements or technical standards that must be met.

| <b>Physical</b>                                        |                              |
|--------------------------------------------------------|------------------------------|
| See objects 20 inches to more than 20 feet away        | Write with pen/pencil        |
| Distinguish colors and changes in its variation        | Key/Type                     |
| Feel differences in surface characteristics            | Twist                        |
| Detect odors (faint, strong, noxious)                  | Bend                         |
| Maintain balance (sit, stand, squat)                   | Climb                        |
| Pinch, grasp, squeeze, and manipulate objects          | Move quickly                 |
| Push, pull, lift, and/or support up to 125 pounds      | Sit for long periods of time |
| Maintain safety of self and others                     | Feel vibrations              |
| Maintain physical endurance                            | Use peripheral vision        |
| Sustain repetitive movements                           | Move within confined spaces  |
| Stand/walk for long periods of time                    | Reach above shoulders        |
| Reach below waist                                      | Sit for long periods of time |
| Push, pull, lift and/or support a minimum of 25 pounds |                              |
| Push, pull, lift and/or support up to 125 pounds       |                              |

| <b>Cognitive</b>                                            |                                  |
|-------------------------------------------------------------|----------------------------------|
| Provide emotional support to others                         | Count whole numbers              |
| Cope with unexpected situations and emotions                | Measure weight or mass           |
| Perform multiple responsibilities concurrently              | Measure temperature              |
| Apply knowledge from one situation to another               | Measure liquid volume            |
| Accurately recall information                               | Measure time                     |
| Combine knowledge and skills                                | Negotiate interpersonal conflict |
| Focus attention on task                                     | Adaptability                     |
| Process information                                         | Evaluate outcomes                |
| Problem solve                                               | Evaluate the complexity of jobs  |
| Organize tasks to meet deadlines (hourly, daily, long-term) | Sequence outcomes                |
| Focus attention on task                                     | Tell time                        |
| Take measurements using specialized equipment               |                                  |

**Communication**

|                                                        |                                   |
|--------------------------------------------------------|-----------------------------------|
| Read, write, speak, and comprehend English effectively | Explain procedures                |
| Verbalize clear and appropriate information to others  | Direct activities of others       |
| Communicate in a professional/tactful manner           | Influence others                  |
| Communicate using a telephone                          | Communicate using a two-way radio |
| Record written information                             |                                   |

**Behavioral**

|                                                                       |                                  |
|-----------------------------------------------------------------------|----------------------------------|
| Exhibit honesty and fairness                                          | Establish a rapport with others  |
| Promote physical and emotional well-being of others                   | Exhibit patience                 |
| Maintain professional boundaries                                      | Maintain professional appearance |
| Respect social, cultural, and spiritual diversity                     | Exhibit compassion               |
| Work carefully while maintaining efficiency and organization          |                                  |
| Respect individual values/opinions without showing bias or preference |                                  |

**Other**

Cleared background investigation/drug screen (see program for specifics)  
 May be on call or work nights, weekends, and holidays  
 See program or desired area of employment for specifics – Piercings/Tattoos/Etc.  
 See program or desired area of employment for specifics – Certifications/Licenses  
 See program or desired area of employment for specifics – Immunizations  
 See program or desired area of employment for specifics – Prerequisites