



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, perform 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.



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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.

Physical

See objects 20 inches to more than 20 feet away

Distinguish colors and changes in its variation

Feel differences in surface characteristics

Detect odors (faint, strong, noxious)

Maintain balance (sit, stand, squat)

Pinch, grasp, squeeze, and manipulate objects

Push, pull, lift, and/or support up to 125 pounds

Maintain safety of self and others

Maintain physical endurance

Sustain repetitive movements

Stand/walk for long periods of time

Reach below waist

Push, pull, lift and/or support a minimum of 25 pounds

Push, pull, lift and/or support up to 125 pounds

Write with pen/pencil

Key/Type

Twist

Bend

Climb

Move quickly

Sit for long periods of time

Feel vibrations

Use peripheral vision

Move within confined spaces

Reach above shoulders

Sit for long periods of time

Cognitive

Provide emotional support to others

Cope with unexpected situations and emotions

Perform multiple responsibilities concurrently

Apply knowledge from one situation to another

Accurately recall information

Combine knowledge and skills

Focus attention on task

Process information

Problem solve

Organize tasks to meet deadlines (hourly, daily, long-term)

Focus attention on task

Take measurements using specialized equipment

Count whole numbers

Measure weight or mass

Measure temperature

Measure liquid volume

Measure time

Negotiate interpersonal conflict

Adaptability

Evaluate outcomes

Evaluate the complexity of jobs

Sequence outcomes

Tell time

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