

Oregon State Board of Nursing Required Skills

1. Ambulate using a gait belt
2. Ambulate with a cane
3. Ambulate with a walker
4. Apical pulse
5. Apply a wrist restraint
6. Apply and remove external urinary catheter
7. Apply anti-embolism elastic stockings
8. Apply topical barrier creams, ointments, or wipes for skin care
9. Apply warm/cold therapy
10. Apply, turn on & off, sequential compression devices
11. Assist with eating/hydration
12. Assist with hair care
13. Assist with lower extremity range of motion
14. Assist with the use of a fracture pan/bedpan
15. Assist with upper extremity range of motion
16. Assist with use of a toilet
17. Assist with use of a urinal
18. Change a suction catheter
19. Change a wound vacuum canister
20. Change from a urinary drainage bag to a leg bag and reverse
21. Change of a disposable brief
22. Clean ostomy site for established, non-acute ostomy
23. Collect a stool specimen
24. Collect a urine specimen
25. Demonstrate proper positioning/alignment techniques for persons in chairs and wheelchairs
26. Demonstrate proper positioning/turning/alignment techniques for persons in bed
27. Dress/undress
28. Electronic blood pressure
29. Empty urinary drainage bag
30. Empty/change ostomy bag
31. Follow the individual's plan of care and preferences
32. Give a bed bath
33. Give a shower bath
34. Hand hygiene
35. Handle and dispose of hazardous waste safely
36. Make an occupied bed
37. Make an unoccupied bed
38. Manual blood pressure (upper arm)
39. Measure and record height
40. Measure and record intake (food, fluids)
41. Measure and record output
42. Measure and record weight
43. Measure, record, and empty output from drainage devices and closed drainage systems
44. Orthostatic blood pressure
45. Pain level
46. Perform fingerstick capillary blood test
47. Proper care for individual's environment
48. Provide catheter care
49. Provide denture care
50. Provide fingernail care
51. Provide foot care
52. Provide mouth care
53. Provide mouth care for non-responsive person
54. Provide perineal/incontinence care
55. Provide skin care: clean, dry, and intact, pressure relief, and report any changes
56. Pulse oximetry

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- 57. Put in and care for hearing aids
- 58. Put on and care for eyeglasses
- 59. Put on and remove personal protective equipment:
gloves
- 60. Put on and remove personal protective equipment:
gown
- 61. Put on and remove personal protective equipment:
mask
- 62. Radial pulse
- 63. Record care provided in a timely manner
- 64. Reinforce use of an incentive spirometer and/or
coughing and deep breathing
- 65. Respirations
- 66. Shampoo hair
- 67. Shave face with electric/safety razor
- 68. Take/give report
- 69. Temperature (oral, temporal, infrared, axillary)
- 70. Thicken liquids
- 71. Transfer a person from bed to wheelchair
- 72. Transfer a person from wheelchair to bed
- 73. Turn oxygen on and off at pre-established flow rate
for stable person
- 74. Use safe client transfer and handling techniques with
lift equipment
- 75. Use safe client transfer and handling techniques with
seated transfers
- 76. Wash hands