

**Montgomery College
Nurse Refresher Program
Nursing Skills Assessment Checklist**

Please check the appropriate column to assist in the evaluation of your own skill level. This skills checklist is meant to be a self-assessment guide for you. Determine approximately when you last performed some, if not all of these skills in a nursing clinical position. If you are satisfied with your skill performance for the skills listed below please indicate. As you have been away from the field of nursing for sometime, the on-campus labs and clinical experiences are designed for you to obtain more hands-on time moving towards proficiency with clinical skills. This checklist will also help you and your instructor evaluate which skills to spend more time on in the clinical area.

Student Name: _____ **Date:** _____ **Clinical Instructor Name:** _____ **Date:** _____

Unfamiliar with	Need to practice	Supervision requested in clinical	Secure enough to perform clinically	Confident	Skill	Comments/signature of Instructor
					1. VITAL SIGNS	
					-apical pulse	
					-peripheral pulse	
					-blood pressure	
					-respirations	
					-temperature/ Electronic thermometer	
					2. CATHETERIZATION	
					-Insertions: Male	
					Female	
					3. RESPIRATORY CARE	
					-nasopharyngeal	
					-suctioning/care	
					-mouth care	
					-chest tubes/drainage	
					-administer O2	
					-cannula	
					mask	

Unfamiliar with	Need to practice	Supervision requested in clinical	Secure enough to perform clinically	Confident	Skill	Comments/signature of Instructor
					4. SPECIMENS	
					A. Blood	
					-blood gases	
					-blood culture	
					-glucometer	
					B. Urine	
					-Clean catch	
					-24 hour	
					-catheterized	
					-specific gravity	
					C. Other	
					-stool	
					-sputum	
					Wound culture	
					5. DRESSING/WOUND	
					-CARE:	
					-sterile gloving	
					-wet sterile	
					-dry sterile	
					-JP drain	
					- Montgomery straps	
					-ostomy care	
					-hemovac drain	
					-K-pad	
					-penrose/T-tube	
					-wound vac	
					6. ENEMAS	
					-disposable/cleansing	
					7. G.I. CARE	
					-gastric suction (Levine tube)	
					-gastric tube feeding	
					-gastronomy feeding	

Unfamiliar with	Need to practice	Supervision requested in clinical	Secure enough to perform clinically	Confident	Skill	Comments/signature of Instructor
					8. IV THERAPY	
					-calculation of IV flow rates	
					-special IV lines	
					-electronic infusion devices	
					-dressing change	
					-discontinuing an IV	
					-set-up transfusion	
					9. TRACTION	
					-cervical	
					-pelvic	
					-bucks	
					10. MEDICATION	
					-narcotic count	
					-IM Administration	
					-insulin	
					-intra dermal	
					-tubex/carpject	
					-Z-track	
					-sublingual	
					-suppository	
					-topical	
					-eye drops	
					-ear drops	
					11. EQUIPMENT	
					-Hypothermia	
					-hoyer lift	
					-sitz bath	
					12. PHYSICL ASSESSMENT	