

Victoria College Nursing Program

Core Performance Standards

The following physical requirements must be evaluated by a physician prior to entry into a Nursing program. Upon admission to the Nursing program, you will be required at that time to have a physical and have a doctor complete our required form, as to your abilities with regards to these physical requirements. The physical exam form will be provided to you at Orientation once admitted to the Nursing program.

Physical expectations

Requirements	Standards	Examples
Critical thinking	Critical thinking ability for effective clinical reasoning and clinical judgement consistent with level of educational preparation	Identification of cause/effect relationships in clinical situations Use of the scientific method in the development of patient care plans Evaluation of the effectiveness of nursing interventions
Professional Relationships	Interpersonal skills sufficient for professional interactions with a diverse population of individuals, families and groups	Establishment of rapport with patients/clients and colleagues Capacity to engage in successful conflict resolution Peer accountability
Communication	Communication adeptness sufficient for verbal and written professional interactions	Explanation of treatment procedures, initiation of health teaching. Documentation and interpretation of nursing actions and patient/client responses Ability to interact with clients, staff, nurses, doctors, patients & families
Mobility	Physical abilities sufficient for movement from room to room and in small spaces	Movement about patient's room, work spaces and treatment areas Administration of rescue procedures-cardiopulmonary resuscitation Ability to bend, stoop, bend down to the floor and move rapidly
Strength	Physical ability sufficient to safely perform standard nursing tasks	Strength sufficient to assist with lifting and transferring a patient

Endurance	Physical ability to endure long periods of time on their feet	Nurses are on their feet all day, sometimes 12 or more hours at a time, and are often required to assist patients with activities that require physical strength
Motor skills	Gross and fine motor abilities sufficient for providing safe, effective nursing care	Calibration and use of equipment Therapeutic positioning of patients
Hearing	Auditory ability sufficient for monitoring and assessing health needs	Ability to hear monitoring device alarm and other emergency signals Ability to discern auscultatory sounds and cries for help Ability to hear through a stethoscope to discriminate sounds and overhead pages
Visual	Visual ability sufficient for observation and assessment necessary in patient care	Ability to observe patient's condition and responses to treatments Ability to make physical assessments of patients and equipment
Tactile Sense	Tactile ability sufficient for physical assessment	Ability to palpitate in physical examinations and various therapeutic interventions

Behavioral Expectations

Requirements	Standards
Compassion & caring nature	Nurses deal with the sick and injured and their families on a daily basis. A nurse must be able to show that they truly care about the situation.
Empathetic attitude	Nurses must be able to put themselves in their patients' shoes to provide the quality of care needed.
Detail oriented	Nurses must remember to make entries on patients' charts, bring medications at the correct times and multi-task.
Mature & emotionally stable	Nurses feel the joy of seeing a new baby born as well as the pain of losing a long-term patient. Emotional stability is crucial to deal with the wide range of emotions nurses must endure.

Flexible	People are unpredictable at the best of times, but become even more so under stress, so a nurse's typical workday will require flexibility and adaptability.
Hardworking & motivated	Nursing is a never ending job. It is unusual for a hospital or medical center to be overstaffed, which of course means more workload on each nurse in the unit.
Quick thinker	When a nurse notices something is not right with a patient, they must be able to make decisions quickly and put their plans into action instantly, because a fraction of a second can mean the difference between life and death.
Stable & sound judgement	A nurse must be able to look at a patient's current state and accurately assess what is needed, especially during emergencies.
Integrity	A nurse must have the quality of being honest and having strong moral principles and moral uprightness.

While faculty will work with you to make "reasonable accommodations" in the campus lab and classroom, there are clinical practice conditions that occur in the hospital environment that are beyond faculty control. The physical requirements above are necessary to function in the hospital and community health settings. Students must be able to perform and complete course objectives and requirements with or without reasonable accommodations. Additional skills and abilities are needed to perform patient care in the clinical settings in order to pass nursing course objectives and requirements. These skills and abilities can be honed and developed while in the Nursing program, but we want to present a realistic picture of stressors for nursing students.

Reference:

<http://www.sreb.org/publication/americans-disabilities-act>