SAN MATEO MEDICAL CENTER INPATIENT PSYCHIATRIC UNIT KNOWLEDGE AND SKILLS CHECKLIST REGISTERED NURSE

REGISTRY NURSE NAME	TITLE	DATE

INSTRUCTIONS:

Please check the appropriate column that best describes your experience level for each knowledge competency and skill.

Choose 1 for Limited Experience through 4 for Very Experienced.

Evaluate yourself based on experiences within the last two years.

Name:		

Self-Assessed Experience Rating Scale

Limited Experience 1 2 3 4 Very Experienced

	1	2	3	4
Assessment & Care Of Patient W/ Or Requiring:				
1. Angina				
2. Asthma				
3. Cardiac Arrest				
4. COPD				
5. Delirium Tremens				
6. Diabetes Insipidus				
7. Diabetes Mellitus				
8. Gl Bleeding				
9. HIV/AIDS				
10. Hyperthyroidism				
11. Hypothyroidism				
12. Paralytic Ileus				
13. Pinned Fractures (Signs & Symptoms)				
14. Pneumonia (Signs & Symptoms)				
15. Seizures				
16. Tuberculosis				
17. Urinary Tract Infection				
18. Mood Disorders				
19. Thought Disorders				
20. Personality Disorders				
21. Behavior Disorders				
22. Organic Brain Disorders				
23. Substance Abuse and Detoxification Protocols				
24. Clozaril Bowel Protocol				
25. Extra pyramidal Symptoms				
26. Suicide/Self-harm Potential				
SKILLS				
1. Admission and Discharge Process				
2. Brace/Splint Application				
3. Cast Care				
4. Incentive Spirometry				
5. Interpretation of Lab Results				
a. Blood Chemistry				

Self-Assessed Experience Rating Scale

Limited Experience 1 2 3 4 Very Experienced

		1	2	3	4
	b. CBC				
	c. Cultures				
	d. Electrolytes				
6.	Isolation Procedures				
7.	Neurological Assessment/Mental Status Exam				
8.	Nursing Assessment Care Planning				
9.	Oxygen Therapy Administration				
	a. Bag & Mask				
	b. External CPAP				
	c. Nasal Cannula				
10.	Physical Assessment				
	Setting Therapeutic Limits, teaching				
12.	Restraints				
	a. Application of leather and Velcro Restraints				
	b. Care of patient in Seclusion & Restraints				
	c. The use of Least restrictive Measures in determining the need for S & R				
13.	Specimen Collection				
	a. Cultures				
	b. Sputum				
	c. Urine				
	• Catheter				
	Clean Catch Mid-Stream				
14.	Temperature				
	a. Oral				
	b. Axillary				
15.	Vital Signs				
16.	Wound/Ostomy Care				
	 a. Colostomy site care/bag change 				
	b. Decubitus Ulcers				
	c. Ileostomy site care/bag change				
	d. Sterile Dressing changes				
ME	DICATIONS				
1.	Albuterol (Ventolin)				
2.	Antibiotics				
3.	Anticoagulants				
4.	Anticonvulsants				
5.	Antihypertensive				
6.	Corticosteroids				
7.	Digoxin				
8.	Heparin				
9.	Insulin				
10.	Lasix				
11.	Nitroglycerine				
	Oral Hypoglycemics				
	Thyroid Replacement				
	Anti-depressants (Prozac, Paxil, Lexapro, Wellbutrin, Effexor) general knowledge of				
	SSRI's, MAOI's, tricyclics, Selective Seratonin Syndrome				
15.	Anxiolitics (Ativan, Klonopin, Vistaril, Valium, Librium)				
	Mood Stabilizers (Lithium, Depakote, Neurontin, Topamax, Lamicatal, Tegretol)				
	Anti-side effect medication (Cogentin, Benadryl, Artane, Symmetrel, Inderal)				
	Typical Antipsychotics and Side Effects (Thorazine, Haldol, Prolixin (and Decanoate)				
	Atypical or Novel Antipsychotics (Risperidol, Zyprexa (& Zydis), Seroquel, Geodon,				
	Clorazil, Abillify)				
20.	Miscellaneous (Trazodone, Luvox, Sonata, Restoril)				
21	Delivery Method				

Self-Assessed Experience Rating Scale Limited Experience 1 2 3 4 Very Experienced a. Eye/Ear instillations b. IM Injections c. Meter dosed inhalers d. Oral e. Subcutaneous injections f. Z track injections PAIN MANAGEMENT 1. Pain Level Assessment 2. Special Considerations in Pain Assessment in Psychiatric Patients 3. Pain Management in the Addicted Patient 4. Care of Patient with:	1	2	3
Limited Experience 1 2 3 4 Very Experienced a. Eye/Ear instillations b. IM Injections c. Meter dosed inhalers d. Oral e. Subcutaneous injections f. Z track injections PAIN MANAGEMENT 1. Pain Level Assessment 2. Special Considerations in Pain Assessment in Psychiatric Patients 3. Pain Management in the Addicted Patient	1	2	3
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c. Meter dosed inhalers d. Oral e. Subcutaneous injections f. Z track injections PAIN MANAGEMENT Pain Level Assessment Special Considerations in Pain Assessment in Psychiatric Patients Pain Management in the Addicted Patient			
d. Oral e. Subcutaneous injections f. Z track injections PAIN MANAGEMENT Pain Level Assessment Special Considerations in Pain Assessment in Psychiatric Patients Pain Management in the Addicted Patient			.
e. Subcutaneous injections f. Z track injections PAIN MANAGEMENT Pain Level Assessment Special Considerations in Pain Assessment in Psychiatric Patients Pain Management in the Addicted Patient			
f. Z track injections AIN MANAGEMENT Pain Level Assessment Special Considerations in Pain Assessment in Psychiatric Patients Pain Management in the Addicted Patient			
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Pain Level Assessment Special Considerations in Pain Assessment in Psychiatric Patients Pain Management in the Addicted Patient			
. Special Considerations in Pain Assessment in Psychiatric Patients . Pain Management in the Addicted Patient			T
. Pain Management in the Addicted Patient			
		1	
a. Narcotic Agents			
b. Non-narcotic Agents			
QUIPMENT			
. Glucometer			
. Dynamap			
. Oxygen Flow Meter			
Pulse Oximetry			
5. Leather Restraints			
6. Chair and Bed Alarms			
AGE APPROPRIATE NURSING CARE Please check the appropriate boxe(s) for each age group and activity for which you have have are. Age Specific Experiences	Young Adult pp (19-39 yrs)	Middle Adults in (40-64 yrs)	Older Adults (65+ yrs)
1. Understands the normal growth and development for each age group and adapts care			
accordingly.			
accordingly. 2. Understands the different communication needs for each age group and changes		•	

Signature

Date