

## ESN Clinical Skills: Entry to Practice

Please rate your own skills using the scale below. Tick the box of the number that best represents your level on each skill (please see example).

### SCALE

- 0** Not covered in theory OR lab
- 1** Completed theory & lab **ONLY**
- 2** Completed theory & lab, **OBSERVED** in practice
- 3** Completed theory & lab, performed under **DIRECT SUPERVISION**
- 4** Completed theory & lab, performed **INDEPENDENTLY** in practice

Example

1. Baby Height & Weight

0	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 1. MEASUREMENTS

**0    1    2    3    4**

- a. Baby Height & Weight
- b. Adult Height & Weight
- c. Baby Intake & Output
- d. Adult Intake & Output
- e. Limb/Head/Torso Circumference

### 2. VITAL SIGNS

- a. Temperature
- b. Blood Pressure
- c. Pulse
- d. Respirations
- e. Pulse Oximetry
- f. Recognize & respond to abnormal VS  
(Report abnormal findings to Most Responsible Clinician/Physician)

---

### 3. ASSESSMENTS/INTERVENTIONS/LABS

- a. Head to Toe
- b. Pain Assessment
- c. Safety and Environment Assessment
- d. Growth and Development
- e. Perform & document Braden Risk and Skin assessment
- f. Perform & document neuro vitals assessment (Glasgow Coma Scale)
- g. Perform CIWA assessment for those withdrawing from ETOH
- h. Implement Safe Patient Handling Protocols
- i. Understand & respond to abnormal CBC lab values
- j. Understand & respond to abnormal electrolyte values
- k. Understand & respond to abnormal liver panel lab values
- l. Understand & respond to abnormal renal lab values

---

### 4. MENTAL HEALTH & SUBSTANCE USE

- a. Perform Mental Health Assessment
- b. Substance Use Screening and/or Assessments
- c. Mental Status Exam
- d. Implement chemical/physical restraints and monitoring as per organizational policy
- e. Perform suicide risk screening and assessment
- f. Perform de-escalation techniques for an emotional or behavioural emergency

---

### 5. BOWEL & BLADDER CARE

- a. Assisting with toileting
- b. Perform bowel care
- c. Perform fecal disimpaction
- d. Observe & report skin integrity/stoma condition
- e. Empty & replace ostomy bag

- f. Apply, remove, reapply condom catheter
- g. Empty, change, clean catheter & drainage bag
- h. Change & cleanse urostomy appliance
- i. Perform urinary catheterization (indwelling, in & out)
- j. Initiate, monitor and discontinue peritoneal dialysis
- k. Use bladder scanner

---

### 6. RESPIRATORY CARE

- a. Assist with Incentive Spirometry
- b. Remove & re-apply oxygen delivery devices (e.g., nasal prongs, simple mask)
- c. Disconnect & reconnect oxygen source
- d. Initiate & monitor low flow oxygen
- e. Initiate & monitor high flow oxygen
- f. Perform mouth suction (oropharyngeal)
- g. Perform deep suctioning (beyond the pharynx)
- h. Perform nasal suction beyond where passage normally narrows
- i. Provide tracheotomy care including suctioning
- j. Assess & monitor chest tube devices
- k. Pleurex drain – Change dressing & empty collection chamber
- l. Pneumostat – Change dressing & empty collection chamber
- m. Respond to acute respiratory distress

---

### 7. NUTRITION

- a. Assist with feeding/hydration (push fluids/monitor oral intake)
- b. Infant feeding and breastfeeding/bottle feeding
- c. Administer & monitor a therapeutic diet through a feeding tube (NG, gastrostomy, jejunostomy, PEG tube)
- d. Perform regular care/dressing changes of gastroenteral tube site
- e. Insert nasogastric tube (NG)
- f. Maintain & remove nasogastric tube (NG)

SKILLS ASSESSMENT (cont.)

0 1 2 3 4

- g. Administer total parenteral nutrition (TPN) following protocols

---

**8. INFUSION DEVICES**

- a. Inserting/maintaining/removing subcutaneous infusion devices (SQ Butterfly)
- b. Inserting/maintaining/removing peripheral intravenous devices (PVAD)
- c. Maintaining PICC line devices
- d. Maintaining/locking off percutaneous IV devices (Port-a-cath, Midline catheter)

---

**9. MEDICATION ADMINISTRATION**

- a. Complete Best Possible Medication History (Med Reconciliation)
- b. Access & dispense medication (compliance packaging, Omnicel, PRNs)
- c. Administer medications via oral, sublingual, enteral, transdermal, intranasal, intradermal, ocular, topical, rectal, vaginal, subcutaneous & intramuscular routes
- d. Dispense narcotics/control substances as per protocols
- e. Performs Independent Double Checks when administering high risk drugs and/or pediatric dosing as per protocols
- f. Administer IV medications
- g. Initiate & monitor infusion of IV bags containing electrolytes (e.g., KCI, vitamin solutions)

---

**10. MEDICATED/NON-MEDICATED PERIPHERAL IV INFUSION**

- a. Set-up & prime tubing
  - b. Initiate & monitor infusion of IV fluid bags (non-medicated)
  - c. Initiate intermittent IV infusions, including initial set-up and changing from continuous to intermittent devices
  - d. Discontinue IV infusion
  - e. Administer fluids & medications via central venous access devices (PICCs, CVADs, Midlines)
  - f. Change dressings on CVADs
  - g. Initiate, monitor & discontinue administration of blood/blood products
-

## SKILLS ASSESSMENT (cont.)

0 1 2 3 4

### 11. MOBILITY

- a. Assess and assist with walking, moving, transferring with or without mechanical aids
- b. Supervise, direct, encourage and assist with active ROM exercises
- c. Assist with low-risk active exercises
- d. Supervise, direct, encourage and assist with passive ROM exercises
- e. Perform cast care and/or pin care

### 12. SAMPLE COLLECTION

- a. Stool & Urine samples
- b. Nasal & Groin Swabs
- c. Nasal Pharyngeal swabs
- d. Culture & Sensitivity Swabs of wounds

### 13. PERSONAL CARE

- a. Inspect, clean & moisturize skin
- b. Baby shower/bath/bed baths or set-up for basin/sink washes
- c. Adult shower/bath/bed baths or set-up for basin/sink washes
- d. Apply non-prescription creams/ointments
- e. Oral hygiene
- f. Apply and/or remove prosthetic/orthotic devices (slings, braces, splints)
- g. Apply and/or remove compression therapy (<20mmHG of pressure)
- h. Assist/set up of sitz bath
- i. Prepare skin for surgery

### 14. BASIC SKIN & WOUND CARE

- a. Create & implement wound care plan
- b. Assess & record wound bed measurements
- c. Perform dressing change on intact skin

SKILLS ASSESSMENT (cont.)

0 1 2 3 4

- d. Perform dressing change on superficial wound site
- e. Perform dressing change using specialize wound care products (e.g., moist, non-adherent, silver)
- f. Shorten and/or remove would drains/devices
- g. Remove staples & sutures

**15. INFECTION PREVENTION & CONTROL PRACTICES**

- a. Donning & doffing of PPE
- b. Understand & implement Airborne precautions
- c. Understand & implement Biohazard management
- d. Understand & implement Contact precautions
- e. Understand & implement Droplet precautions
- f. Understand & implement Outbreak management (GI/RI)
- g. Implement infection control protocols to prevent cross contamination
- h. Implement safe handling of biohazards & sharps
- i. Understand & implement universal precautions

Additional