

Name: \_\_\_\_\_

# Skills Checklist

## CORE SKILL COMPETENCIES (INDICATORS) SELF-ASSESSMENT SKILLS CHECKLIST

By accurately filling out this checklist, you will help us match your skills and interests with available assignments.  
Please place an "X" in the column that best describes your experience level with each skill.

**Level of Proficiency:**

1. Can function independently
2. Experienced but may need review
3. Limited experience
4. No experience

**General Areas**

1 2 3 4

Can Demonstrate basic understanding of human body mechanics, nutritional diet standards, anatomy and physiology, and infection control.....

Can demonstrate proper technique used to assist a patient with bathing activities and grooming/personal hygiene.....

Can demonstrate proper technique used to assist a patient with meals and feeding.....

Can demonstrate proper technique used to assist a patient with bedpan and elimination needs.....

Can demonstrate proper technique used to transport patients with wheelchairs and wheeled carts, or to assist patients with walking.....

Can demonstrate proper technique used to take and record patient's vital signs, including temperature, blood pressure, pulse rate, and respiration rates.....

Can demonstrate proper technique used to measure a patient's food and fluid intake/output.....

Can demonstrate proper technique involved in aligning a patient's body for safe positioning, rest, and exercise.....

Can demonstrate proper technique used to change bed linen (occupied and unoccupied).....

Can demonstrate ability to observe and report changes in a patient's physical, mental and emotional condition to professional staff.....

Can demonstrate proper techniques used for lifting and transferring patients.....

Can demonstrate proper technique used for restraining a patient.....

Can demonstrate ability to communicate clearly and effectively.....

Can demonstrate ability to deal with people beyond giving and receiving instructions.....

Can demonstrate ability to maintain a safe environment- use of siderails, locks on beds, and wheelchairs.....

EMR Systems (Electronic Medical Records).....

Signature: \_\_\_\_\_ Date: \_\_\_\_\_