Name: _____

On Assignment® Healthcare Staffing

Skills Checklist

ESSENTIAL/PRACTICAL 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

Core Skills	1	2	3	4
Admission of a Patient	❑	❑	❑	❑
Transfer of a Patient	❑	❑	❑	❑
Discharge of a Patient	❑	❑	❑	❑
Emergency Situations/Code Blue	❑	❑	❑	❑
Vital Signs	❑	❑	❑	❑
Post Mortem Care	❑	❑	❑	❑
Defibrilation	❑	❑	❑	❑
Cardioversion	❑	❑	❑	❑
Documentation	❑	❑	❑	❑
Patient & Family Education	❑	❑	❑	❑
Assessment of Abuse	❑	❑	❑	❑
Restraints	❑	❑	❑	❑
Body Mechanics	❑	❑	❑	❑
Aseptic Technique	❑	❑	❑	❑
Isolation Precautions	❑	❑	❑	❑
Medication Administration				
PO Medications	❑	❑	❑	❑
IM Injections	❑	❑	❑	❑
SQ Injections	❑	❑	❑	❑
Z-track Injections	❑	❑	❑	❑
Rectal Suppositories	❑	❑	❑	❑
Nasal Sprays	❑	❑	❑	❑
Ear Drops	❑	❑	❑	❑
Eye Drops	❑	❑	❑	❑
Inhalers	❑	❑	❑	❑
Emergency Drugs/Code Cart	❑	❑	❑	❑
EMR Systems (Electronic Medical Records)	❑	❑	❑	❑

Cardiovascular	1	2	3	4
Auscultation (Rate, Rhythm)	❑	❑	❑	❑
Blood Pressure/Non-invasive	❑	❑	❑	❑
Doppler	❑	❑	❑	❑
Heart Sounds/Murmurs	❑	❑	❑	❑
Interpretation of Lab Results				
Cardiac Isoenzymes	❑	❑	❑	❑
Blood Chemistries	❑	❑	❑	❑
Equipment & Procedures				
Basic Arrhythmia Interpretation	❑	❑	❑	❑
Lead Placement	❑	❑	❑	❑
Basic 12 Lead EKG Interpretation	❑	❑	❑	❑

Pulmonary	1	2	3	4
Breath Sounds	❑	❑	❑	❑
Rate & Work of Breathing	❑	❑	❑	❑
Interpretation of Lab Results				
Arterial Blood Gases	❑	❑	❑	❑
Equipment & Procedures				
Endotracheal Tube/Suctioning	❑	❑	❑	❑
Nasal Airway/Suctioning	❑	❑	❑	❑
Oropharyngeal/Suctioning	❑	❑	❑	❑
Sputum Specimen Collection	❑	❑	❑	❑
Tracheostomy/Suctioning	❑	❑	❑	❑
Assist With Intubation	❑	❑	❑	❑
Assist With Thoracentesis	❑	❑	❑	❑
Chest Tube Management	❑	❑	❑	❑
Chest Physiotherapy	❑	❑	❑	❑
Incentive Spirometry	❑	❑	❑	❑
Pulse Oximetry	❑	❑	❑	❑
Oxygen Therapy				
Bag & Mask	❑	❑	❑	❑
Face Mask	❑	❑	❑	❑
Nasal Cannula	❑	❑	❑	❑
Portable 02 Tank	❑	❑	❑	❑

Neurological	1	2	3	4
Glascow Coma Scale	❑	❑	❑	❑
Level of Conciousness	❑	❑	❑	❑
Equipment & Procedures				
Assist with Lumbar Puncture	❑	❑	❑	❑
Use of Hypo-Hyperthermia Blanket	❑	❑	❑	❑

Orthopedics	1	2	3	4
Circulation Checks	❑	❑	❑	❑
Gait	❑	❑	❑	❑
Range of Motion	❑	❑	❑	❑
Skin	❑	❑	❑	❑
Equipment & Procedures				
Wheelchair	❑	❑	❑	❑

Gastrointestinal	1	2	3	4
Abdominal/Bowel Sounds	❑	❑	❑	❑
Fluid Balance	❑	❑	❑	❑
Nutritional	❑	❑	❑	❑
Equipment & Procedure				
Placement of NG Tube	❑	❑	❑	❑
Placement of Flexible Feeding Tube	❑	❑	❑	❑
Administration of Tube Feeding	❑	❑	❑	❑
Feeding Pumps	❑	❑	❑	❑
Gravity Feeding	❑	❑	❑	❑
Salem Sump to Suction	❑	❑	❑	❑
Care of Gastrostomy Tube	❑	❑	❑	❑
Colostomy Care	❑	❑	❑	❑

Renal/Genitourinary	1	2	3	4
Fluid Balance	❑	❑	❑	❑
Urinary Output	❑	❑	❑	❑
Interpretation of Lab Results				
BUN & Creatinine	❑	❑	❑	❑
Equipment & Procedures				
Catheter Care	❑	❑	❑	❑
Specimen Collection	❑	❑	❑	❑
Routine	❑	❑	❑	❑
24 hour	❑	❑	❑	❑
Insertion & Care of Straight & Foley Catheters				
Female	❑	❑	❑	❑
Male	❑	❑	❑	❑

Endocrine/Metabolic	1	2	3	4
S/S Diabetic Coma	❑	❑	❑	❑
S/S Insulin Reaction	❑	❑	❑	❑
Equipment & Procedures				
Blood Glucose Monitoring	❑	❑	❑	❑
Performing Finger/Heel Stick	❑	❑	❑	❑
Sliding Scale Insulin Protocols	❑	❑	❑	❑

Wound Management	1	2	3	4
Skin for Impending Breakdown	❑	❑	❑	❑
Surgical Wound Healing	❑	❑	❑	❑
Equipment & Procedures				
Sterile Dressing Change	❑	❑	❑	❑

Intravenous Therapy	1	2	3	4
Site Assessment	❑	❑	❑	❑
Equipment & Procedures				
Administration of Blood & Blood Products	❑	❑	❑	❑
Drawing Blood From a Central Line	❑	❑	❑	❑
Drawing Venous Blood	❑	❑	❑	❑
Initiation of an IV	❑	❑	❑	❑
Heplock Flushes	❑	❑	❑	❑
Administration of IV Fluid	❑	❑	❑	❑
Administration of Piggy Back	❑	❑	❑	❑
Administration of IV Push Medications	❑	❑	❑	❑
Site Care & Dressing Changes	❑	❑	❑	❑
Central Line	❑	❑	❑	❑
Peripheral Line	❑	❑	❑	❑
Administration of TPN/Lipid	❑	❑	❑	❑

Pain Management	1	2	3	4
Assessment of Pain Level/Tolerance	❑	❑	❑	❑
Equipment & Procedures				
Administration of Narcotic Analgesia	❑	❑	❑	❑
PCA Pumps	❑	❑	❑	❑
IV Conscious Sedation	❑	❑	❑	❑
Epidural Anesthesia	❑	❑	❑	❑

Age Specific Care

Indicate by circling the numbers below (using the same format as you did in the previous section) for each age group for which you have expertise in providing age appropriate care.

	1	2	3	4
Newborn/Neonatal (Birth - 30 Days)	❑	❑	❑	❑
Infant (30 Days - 1 Year)	❑	❑	❑	❑
Toddler (1 - 3 Years)	❑	❑	❑	❑
Preschool (3 - 5 Years)	❑	❑	❑	❑
School Age Children (5 - 12 Years)	❑	❑	❑	❑
Adolescent (12 - 18 Years)	❑	❑	❑	❑
Young Adults (18 - 39 Years)	❑	❑	❑	❑
Middle Adults (39 - 64 Years)	❑	❑	❑	❑
Older Adults (64+ Years)	❑	❑	❑	❑

Signature: _____ Date: _____