

**PinnacleHealth System**  
**Student Competency Checklist –Acute Medical FW**  
**Occupational Therapy Student**

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

Start date: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Self Assessment				Competency for the Occupational Therapy Student	Resource	Evaluation Method	Competency Validation Indicated by Preceptors Initials and Date
Do you have experience with this skill?		Are you competent performing the following?					
YES	NO	YES	NO				
				<b>VITAL SIGNS</b>	1. pg. 4, 46, 58-63		
				a. Demonstration of BP (manual and telemetry)			
				b. Pulse (radial, carotid)			
				c. Pulse ox reading			
				d. Verbalization of HR/pulse parameters			
				e. Indications for taking vital signs			
				<b>ROM/GONIOMETRY</b>	1. ch. 1 2. ch. 21		
				a. Demonstration of using goniometer at selected joints			
				b. Demonstration of checking functional ROM (recognizing pain limitations)			
				c. Demonstration of assessment of end feel/joint integrity			
				d. Verbalization of contraindications for ROM testing			
				<b>MMT/STENGTH</b>	1. ch. 1 2. ch. 22		
				a. Demonstration of testing muscle strength at selected joints (use of dynamometer as indicated)			
				b. Verbalization of testing functional strength			
				c. Verbalization of contraindications for MMT testing			
				<b>BALANCE</b>	1. ch. 1 2. pg 474		
				a. Verbalization of balance assessment during functional activities			
				<b>COORDINATION</b>	2. pg 478-480		
				a. Examples of coordination/gross motor function tests (finger to nose, heel to shin, heel to toes, alternating rapid movement, cross body movement)			
				b. Fine motor - functional dressing, buttoning, managing zippers			
				<b>SENSATION/PROPRIOCEPTION</b>	2. ch. 23		
				a. Verbalization of examples of sensation tests (hot/cold, 2-point, sharp/dull, light touch/pressure)			
				b. Recognize deficits in proprioception and provide treatment strategies			
				<b>MUSCLE TONE/REFLEX</b>	2. pg. 468-473		
				a. Verbalization of muscle tone (increased, decreased, flaccid, paraesis, paralysis, parathesia, hyperesthesia, kinesthesia)			

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Do you have experience with this skill?		Are you competent performing the following?					
YES	NO	YES	NO				
				<b>EDEMA</b>	1. ch. 1 2. pg 1059-1061		
				a. Demonstration of measuring pitting edema			
				b. Edema measurement sites			
				c. Demonstrate/discuss edema reduction techniques			
				d. Identify indications for lymphedema management			
				<b>AMBULATION DEVICES</b>	2. pg. 238-239		
				a. Cane, SW, RW, crutches 1. Demonstrate height adjustment 2. Monitor pt during functional use			
				<b>BEDS</b>	2. pg. 142, 329		
				a. Verbalize/demonstrate proper position of patient sitting at EOB and promoting safe transition through height and location of bed			
				b. Modifications – discuss use of rails and trapeze			
				<b>O2</b>	1. pg 169-170		
				a. Verbalize safe storage system of O2			
				b. Demonstrate tagging system			
				c. Demonstrate ability to read flow rate			
				d. Demonstrate ability to adjust rate flow			
				e. Demonstrate ability to apply nasal cannula			
				f. Demonstrate ability to use pulse ox			
				<b>STRENGTHENING PROGRESSION</b>	2. pg. 741, 1056		
				a. List options for strengthening available in the department			
				b. Verbalize ability to up and down-grade functional activities for strengthening			
				c. Verbalize bed >sitting >standing progression			
				<b>MECHANICAL LIFT DEVICES</b>	2. pg. 261		
				a. Verbalizes indications for use of different devices available in facility			
				Verbalizes safe use of lift, sling sizes, adjustment/fixation to lift, instruction to caregiver with demo			
				<b>ORTHOTICS</b>	2. pg. 756-758		
				a. Verbalize indication for and types of hand splints, slings, based on prognosis and dysfunction			
				b. Make appropriate recommendation based on physical presentation of the patient.			

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Do you have experience with this skill?		Are you competent performing the following?					
YES	NO	YES	NO				
				<b>ENDURANCE</b>			
				a. Recognize signs and symptoms of endurance limitations			
				<b>POSTURE</b>			
				a. Demonstrate proficiency in normal postural alignment in sitting and standing			
				<b>BODY MECHANICS</b>	2. pg. 253		
				a. Demonstrate appropriate body mechanics for bending, lifting, reaching and computer ergonomics			
				<b>PAIN</b>	2. pg. 576-577, 719-720, 724-726		
				a. Demonstrate understanding and use of 1-10 pain scale including visual tools			
				b. Verbalize traditional and alternative pain management techniques appropriate to this setting			
				c. Identify ineffective and inappropriate pain management and appropriate follow up.			
				<b>MENTAL/COGNITIVE STATUS</b>	2. ch. 26		
				a. Demonstrate ability to assess level of alertness and orientation x 4 and how/when to re-orient			
				b. Demonstrate understanding of how and when to use the Mini-mental status exam, CLOX, JFK coma scale, ACLS (Allen Cognitive Levels Screen)			
				c. Demonstrate ability to identify pt's current level of comprehension, concentration/attention, memory, command following and safety awareness/judgment			
				<b>HOME SAFETY/ENVIRONMENTAL ADAPTATIONS</b>	2. pg. 179-194		
				a. Demonstrate ability to evaluate need for adaptations in patient's home through pt/family interview			
				b. Identify and suggest appropriate adaptive equipment			
				<b>FUNCTIONAL MOBILITY</b>	2. pg. 235-241		
				a. Demonstrate, assess and teach: bed mobility, transfers, functional ambulation, wheelchair management			
				<b>ADLs</b>	2. ch. 10		
				a. Assess and teach basic toileting, dressing, grooming and bathing			
				<b>USE OF PHYSICAL AGENT MODALITIES</b>	2. pg. 747-749		
				a. Demonstrate safe and appropriate use of heat, cold and massage			
				b. Identify indications for and contraindications of heat, cold, and massage			

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YES	NO	YES	NO				
				<b>CARDIO-PULMONARY</b>	2. pg. 1210		
				a. Identify indications for work simplification and energy conservation			
				<b>DME/ADAPTIVE EQUIPMENT</b>			
				a. Recognize DME providers in the area			
				b. Verbalize ordering process for DME			
				c. Verbalize where to get AE			
				<b>PRECAUTIONS</b>	1. pg. 3, 5-6, 113, 297, 465-470		
				a. Demonstrate where to find allergy information			
				b. Demonstrate knowledge of bleeding precautions			
				c. Demonstrate knowledge of falls precautions			
				d. Demonstrate knowledge of seizure precautions			
				e. Demonstrate knowledge of cardiac precautions			
				f. Demonstrate knowledge of orthopedic precautions			
				g. Demonstrate knowledge of universal precautions			
				h. Demonstrate knowledge of droplet, airborne and contact precautions			
				<b>ICU</b>	1. ch. 2		
				a. Identify and verbalize the indications and precautions for: arterial lines, central lines, HD lines, PA catheter (swan ganz)			
				b. Identify types of mechanical ventilation airways and verbalize the indications and precautions of each			
				c. Identify in general terms the following settings: modes, PEEP, FiO2, tidal volume, rate			
				d. Identify common alarms and indicate the appropriate course of action for each			
				e. For mechanical vent pts, demonstrate common sites of tubing disconnect and ability to reconnect tubing			
				f. Demonstrate the ability to safely mobilize a patient OOB with multiple lines and/or mechanical ventilation by positioning the patient and equipment appropriately so as not to cause tension on any lines			
				g. Identify the following oxygen delivery systems and discuss their indications and precautions for mobility: facemask, trach collar, non-rebreather mask, BiPap, CPAP, high flow nasal cannula, vaso-therm			
				h. Discuss indications for cessation or modification of treatment based on hemodynamic and other parameters such as O2 saturation, ECG rhythm and rate, BP/MAP, pulmonary status, ABG values			

Comments:

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Student signature: \_\_\_\_\_

Clinical Supervisor signature : \_\_\_\_\_

Preceptor: \_\_\_\_\_

Preceptor: \_\_\_\_\_

Preceptor: \_\_\_\_\_

**Resources:**

1. Occupational Therapy in Acute Care, edited by Helene Smith-Gabai, AOTA press, ©2011
2. Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction, Elsevier/Mosby, © 2013