

# Physical & Mental Standards

All nursing and health science programs require physical agility and strength sufficient to move from room to room, lift and position patients, maneuver in small places, and perform clinical services. Students must possess gross and fine motor abilities as well as auditory, visual, and tactile acuity, which are required to assess health status and perform effective patient care. See the chart below for specific requirements by program.

O = Occasionally (1 – 33%)

F = Frequently (34 – 66%)

C = Constantly (67 – 100%)

<b>Physical Stamina Required (Description)</b>	<b>RES RAD</b>	<b>MAS</b>	<b>ADN PN PCT</b>	<b>CVT</b>	<b>MED</b>	<b>PHB</b>	<b>PHM</b>	<b>VET</b>	<b>SUR</b>
<i>Lift</i> - up to 50 lbs to assist moving patients, supplies, equipment.	F	F	F	F	F	O	O	F	F
<i>Lift</i> - up to 200 lb when moving patients.	O	O	F	F	O	O	O	C	F
<i>Stoop</i> - adjust equipment.	F	F	F	F	F	F	C	C	F
<i>Kneel</i> - manipulate equipment, perform CPR, plug in electrical equipment	O	F	O	O	O	O	O	F	O
<i>Reach</i> - overhead lights, equipment, cabinets, attach oxygen to outlets, stocking.	C	C	C	C	F	O	C	C	C
<i>Motor skills, manual dexterity</i> – small and large equipment for storing, moving; apply sterile gloves; take BP; operate computers; perform CPR; utilize syringes, tubes, catheters; set up and maintain sterile field.	C	C	C	C	C	C	C	C	C
<i>Stand</i> for prolonged periods of time (to deliver therapy, check equipment and patient; perform surgical procedures).	C	C	C	C	C	C	C	C	C
<i>Feel</i> - palpate pulses; perform physical exams; feel arteries or veins for puncture; assess skin temperature.	C	O	C	F	C	C	O	F	F
<i>Push/Pull</i> large wheeled equipment, i.e. mechanical ventilators, wheelchairs, patients, x-ray, equipment, EKG machines, and office equipment.	C	C	C	F	O	O	O	O	F
<i>Walk</i> for extended periods of time.	C	O	C	O	C	C	C	C	O
<i>Manipulate</i> - knobs, dials associated with diagnostic or therapeutic devices; small instruments, syringes.	C	C	C	C	C	C	C	C	C
<i>Hear</i> - verbal directions, alarms, telephone; hear through a stethoscope for heart sounds, lung sounds, and blood pressure.	C	C	C	C	C	C	C	C	C
<i>See</i> - patient conditions such as skin color, work of breathing; read small print and calibration on equipment; perceive color.	C	C	C	C	C	C	C	C	C
<i>Talk</i> - communicate goals and procedures to patients in English.	C	C	C	C	C	C	C	C	C
<i>Read</i> - typed, handwritten, computer information in English.	C	C	C	C	C	C	C	C	C
<i>Write</i> - communicate pertinent information (patient assessment, outcome assessments) in English.	C	C	C	C	C	C	C	C	C
<b>Mental Attitude</b>									
Function safely, effectively and calmly under stressful situations.	C	C	C	C	C	F	F	C	C
Maintain composure while managing multiple tasks simultaneously.	C	C	C	C	C	C	C	C	C
Prioritize multiple tasks.	C	C	C	C	C	C	C	C	C
Social skills necessary to interact with patients, families, co-workers - of the same or different cultures; respectful, polite, discrete; able to work as a team.	C	C	C	C	C	C	C	C	C
Maintain personal hygiene consistent with close contact during direct patient care.	C	C	C	C	C	C	C	C	C
Display actions, attitudes consistent with ethical standards of the profession.	C	C	C	C	C	C	C	C	C
<i>Exposure to bloodborne pathogens</i> – Hepatitis, HIV.	F	O	C	F	F	F	C	O	F

RES – Respiratory Care; RAD – Radiologic Technology; MAS – Massage Therapy; ADN – Associate Degree Nursing; PN – Practical Nursing; PCT – Patient Care Technology; CVT – Cardiovascular Technology; MED – Medical Assisting; PHB – Phlebotomy, PHM – Pharmacy; VET – Veterinary Technology; SUR – Surgical Technology