



You may like to use this **self-assessment tool** to help you understand what will be required of you during this course - the tasks that you will be doing in classes and lab sessions. This will enable you to identify any potential challenges. Please review the checklist below to determine your areas of need.

If you apply and enrol, and have determined you need assistance, please take this checklist with you to your meeting with the Accessibility and Learning Support team and/or the Principal Lecturer or Head of Programs, and they can help you come up with some strategies to help you be successful in your course.

Core Requirements in Nursing

Observational skills	I can do this Y/N	Strategies to meet requirement
• Notice changes in people's behaviour, ability and the environment		
• Recognise the deteriorating patient		
• Identify safety hazards and risks		
• Observe and understand non-verbal cues (e.g. facial expressions, body language)		
• Identify signs of verbal distress and/or aggression.		
Communication skills	I can do this Y/N	Strategies to meet requirement
• Communicate effectively with a range of people including technicians, nurses', patients, relatives, doctors, and anaesthetists		
• Use appropriate language and respect when working with people from different cultures		
• Listen and follow instructions		
• Read and understand written information according to the situation		
• Write and record comprehensive patient information and documentation		
• Understand and respond to verbal and non-verbal communication		
• Communicate and work with others as a team		
• Use technology to communicate (e.g. computers, emails, electronic documents).		
Technical and motor skills	I can do this Y/N	Strategies to meet requirement
• Deal with physical demands of manual tasks (e.g. bending, squatting, kneeling, crouching, repetitive movements, carrying, reaching)		
• Be on your feet for extended periods of time, both walking and standing		
• Grasp, push, turn and manipulate objects		



<ul style="list-style-type: none"> Use equipment and other technology (e.g. computers, push wheelchairs, manual handling equipment) 		
<ul style="list-style-type: none"> Have sufficient vision to safely perform the required range of skills 		
<ul style="list-style-type: none"> Hear and differentiate sounds that may alert you of a problem (e.g. alarms, calls) 		
<ul style="list-style-type: none"> Deal with body fluids (e.g. urine, faeces, blood). 		
Cognitive and intellectual skills		
<ul style="list-style-type: none"> Gather, understand, organise, recall and communicate information 		
<ul style="list-style-type: none"> Use judgment / basic problem solving skills (e.g. to respond to immediate safety risks) 		
<ul style="list-style-type: none"> Understand other people's perspectives/opinions and respect their choices 		
<ul style="list-style-type: none"> Understand and use maths effectively (e.g. measurements, calculations, 24 hr clock) 		
<ul style="list-style-type: none"> Maintain a sufficient level of concentration to complete an activity/task 		
<ul style="list-style-type: none"> Be attentive in interaction with others (e.g. to identify risks, to identify changes) 		
<ul style="list-style-type: none"> Perform tasks in a safe manner and within reasonable timeframes. 		
Behavioural and social skills	I can do this Y/N	Strategies to meet requirement
<ul style="list-style-type: none"> Demonstrate patience and willingness to work with a variety of people 		
<ul style="list-style-type: none"> Able to work under pressure 		
<ul style="list-style-type: none"> Demonstrate professional behaviour (e.g. punctuality, maintaining confidentiality and respect personal boundaries) 		
<ul style="list-style-type: none"> Control your emotions and reactions and withhold personal opinions 		
<ul style="list-style-type: none"> Tolerate close proximity with individuals 		
<ul style="list-style-type: none"> Interact with all genders 		
<ul style="list-style-type: none"> Adapt to change 		
<ul style="list-style-type: none"> Take responsibility for own actions – including responsible use of social media 		
<ul style="list-style-type: none"> Comply with legal requirements of industry (e.g. criminal history check) 		



Some of the core language, literacy, numeracy & digital (LLND) skills for this Industry are:

Core LLND skills	I can do this Y/N	Strategies to meet requirement
Learning – <ul style="list-style-type: none"> • legal and ethical guidelines of work, • understand human needs, & individual differences, • service standards, safety policies and procedures. 		
Reading – <ul style="list-style-type: none"> • reading and understanding client charts, treatment plans, instructions, procedures, manuals, standards, guidelines and work instructions, • industry specific terminology and symbols, workplace safety signs. 		
Writing – <ul style="list-style-type: none"> • complete forms, charts, progress notes, WHS reports, • writing and taking messages 		
Oral communication – <ul style="list-style-type: none"> • communicating with clients, their family and team members. • Communicating with clients who have impaired communication. • Effective questioning, • application of telephone skills and • transferring information to team members. 		
Numeracy – <ul style="list-style-type: none"> • measure fluids, read weights and measurements, • read, interpret and document in charts, • calculate timeframes, input data, • use decimals, fractions, percentages, and formulae, • compare, contrast and evaluate 		
Problem solving – <ul style="list-style-type: none"> • identify and respond to client's needs, • analyse and construct meaning, • assess and respond to risk. 		
Technology – <ul style="list-style-type: none"> • use software to update observation notes and record health information, • basic computer skills. 		
Please sign that you have completed this checklist Sign: Date:		Student name