

NURSING ASSISTANT PROGRAM FUNCTIONAL ABILITIES INVENTORY

Name _____

DIRECTIONS: For each functional ability category, review the representative activities and attributes. For each functional ability category indicate yes, I meet the requirement or no, I cannot meet the requirement. Please only check one option for each category. This form must be completed and returned by applicants prior to admission to the Nursing Assistant program at Delaware County Community College. Please sign and return this form.

Functional Ability Categories	Representative Activities/Attributes	Yes. I meet the requirement	No. I cannot meet the requirement
Gross Motor Skills	• Move within confined spaces • Maintain balance in multiple positions. • Reach above shoulders (e.g., IV poles) • Reach below waist (e.g., plug electrical appliance into wall outlet) • Reach out front		
Fine Motor Skills	• Pick up objects with hands • Grasp small objects with hands (e.g., IV tubing, pencil) • Write with pen or pencil • Key/type (e.g., use a computer) • Pinch/pick or otherwise work with fingers • Twist (e.g., turn objects/knobs using hands) • Squeeze with finger		
Physical Endurance Physical Strength	• Walk or stand for extended periods (e.g. 8 or 12 hour shifts with minimal breaks.) • Sustain repetitive movements (e.g., CPR) • Maintain continuous physical activity for a period of 5-8 hours physical tolerance • Push and pull 50 pounds (e.g., position client, move equipment) • Support 50 pounds of weight (e.g., ambulate client) • Lift 50 pounds (e.g., pick up a child, transfer client, bend to lift an infant or child) • Carry equipment/supplies • Use upper/lower body strength (e.g., perform CPR, physically restrain a client) • Squeeze with hands (e.g., operate fire extinguisher)		
Mobility	• Twist • Bend • Stoop/squat • Move quickly (e.g., response to an emergency) • Climb stairs • Walk		

Functional Ability Categories	Representative Activities/Attributes	YES	NO
Hearing	• Hear normal speaking-level sounds (e.g., person-to-person report) • Hear faint voices such as a whisper within a range of 3 feet. • Hear in situations when not able to see lips (e.g., when masks are used) • Hear auditory alarms (e.g., fire alarms, call bells)		
Visual	• See objects up to 20 inches away (e.g., information on computer screen, skin conditions) • See objects up to 20 feet away (e.g., client in room) • Use depth perception • Use peripheral vision • Distinguish color and color intensity (e.g., color codes on supplies, flushed skin/paleness)		
Tactile	• Feel vibrations (e.g., palpate pulses) • Detect temperature (e.g., skin, solutions) • Feel differences in surface characteristics (e.g., skin turgor, rashes) • Feel differences in sizes, shapes (e.g., palpate vein, identify body landmarks) • Detect environmental temperature		
Smell	• Detect body and environmental odors (e.g., foul smelling drainage, alcohol breath, smoke, gasses or noxious smells)		
Environment	• Tolerate heat and humidity (e.g. giving showers) • Tolerate strong odors • Tolerate exposure to allergens (e.g., latex gloves, chemical substances, pets) • Tolerate strong soaps		
Reading	• Read and understand written documents (e.g., flow sheets, charts, graphs) • Read digital displays		
Math	• Convert numbers to and from metric and American systems (e.g., calculating intake and output) • Tell time • Count rates (e.g., drips/minute, pulse) • Read and interpret measurement marks (e.g., measurement tapes and scales) • Add, subtract, multiply, and/or divide whole numbers • Document numbers in records (e.g., charts, computerized data bases)		

Functional Ability Categories	Representative Activities/Attributes	Yes. I meet the requirement	No. I cannot meet the requirement
Emotional Stability	• Establish working relationships • Provide client with emotional support • Adapt to changing environment/stress • Deal with the unexpected (e.g., client condition, crisis) • Focus attention on task • Cope with own emotions • Perform multiple responsibilities concurrently • Cope with strong emotions in others (e.g. grief)		
Problem Solving	• Know the difference between serious and minor problems • Apply knowledge and skills • Organize and use information • Use long-term memory • Use short-term memory		
Interpersonal Skills	• Establish rapport with individuals, families, and groups • Respect/value cultural differences in others • Handle interpersonal conflict		
Communication Skills	• Speak English • Write English • Listen/comprehend spoken/written word		

This form must be completed and returned by applicant prior to admission to the Nursing Assistant program. Please sign and return this form to Delaware County Community College Nurse Aide Program.

Student/Parent signature confirms the student has read and understands the *Functional Ability Criteria* specific to a student in the Nursing Assistant Program.

Student's Signature: _____ **Date:** _____