

2018/2019 Competency-Based Task/Competency List for Practical Nursing I (8357/18 weeks, 280 hours)

NOTE: This course has specific state laws and regulations from a governing medical board or agency. Please contact the Virginia Department of Education, Office of Career and Technical Education prior to implementing this course. All inquiries may be sent to cte@doe.virginia.gov.

All tasks are considered essential statewide and are required of all students.

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Definitions Questions Related SOLs Other Related Standards print

Demonstrating Workplace Readiness Skills: Personal Qualities and People Skills

1. [Demonstrate positive work ethic.](#)
2. [Demonstrate integrity.](#)
3. [Demonstrate teamwork skills.](#)
4. [Demonstrate self-representation skills.](#)
5. [Demonstrate diversity awareness.](#)
6. [Demonstrate conflict-resolution skills.](#)
7. [Demonstrate creativity and resourcefulness.](#)

Demonstrating Workplace Readiness Skills: Professional Knowledge and Skills

8. [Demonstrate effective speaking and listening skills.](#)
9. [Demonstrate effective reading and writing skills.](#)
10. [Demonstrate critical-thinking and problem-solving skills.](#)
11. [Demonstrate healthy behaviors and safety skills.](#)
12. [Demonstrate an understanding of workplace organizations, systems, and climates.](#)
13. [Demonstrate lifelong-learning skills.](#)
14. [Demonstrate job-acquisition and advancement skills.](#)
15. [Demonstrate time-, task-, and resource-management skills.](#)
16. [Demonstrate job-specific mathematics skills.](#)
17. [Demonstrate customer-service skills.](#)

Demonstrating Workplace Readiness Skills: Technology Knowledge and Skills

18. [Demonstrate proficiency with technologies common to a specific occupation.](#)
19. [Demonstrate information technology skills.](#)
20. [Demonstrate an understanding of Internet use and security issues.](#)
21. [Demonstrate telecommunications skills.](#)

Examining All Aspects of an Industry

22. [Examine aspects of planning within an industry/organization.](#)
23. [Examine aspects of management within an industry/organization.](#)
24. [Examine aspects of financial responsibility within an industry/organization.](#)
25. [Examine technical and production skills required of workers within an industry/organization.](#)
26. [Examine principles of technology that underlie an industry/organization.](#)
27. [Examine labor issues related to an industry/organization.](#)
28. [Examine community issues related to an industry/organization.](#)
29. [Examine health, safety, and environmental issues related to an industry/organization.](#)

Addressing Elements of Student Life

30. [Identify the purposes and goals of the student organization.](#)
31. [Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.](#)
32. [Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.](#)
33. [Identify Internet safety issues and procedures for complying with acceptable use standards.](#)

Describing Fundamental Concepts of Nursing

34. [Describe the role of the practical nursing student.](#)
35. [Relate personal aptitudes and interests to the concept of nursing.](#)
36. [Identify significant factors in the evolution of nursing care.](#)
37. [Describe the differences among the methods of providing nursing care.](#)
38. [Describe the roles of healthcare team members.](#)
39. [Describe the development of professional socialization of the practical nurse that includes working in interdisciplinary teams.](#)
40. [Describe the cultural and psychosocial aspects of health care in a changing society.](#)

Understanding the Nursing Process

41. [Describe the six phases of the nursing process.](#)
42. [Explain the relationship of the nursing process to nursing practice.](#)
43. [Describe a plan of care, using the nursing process.](#)
44. [Explain the principles of effective verbal and nonverbal communication.](#)
45. [Explain the principles of communication when establishing therapeutic relationships.](#)
46. [Identify principles of conflict resolution.](#)
47. [Report information relating to the patient/client.](#)
48. [Describe principles of documentation.](#)
49. [Demonstrate techniques of client education.](#)

Describing Legal, Ethical, and Professional Responsibilities in Clinical Practice

50. [Explain the legalities governing the scope of practical nursing as defined in the Board of Nursing Law and Regulation.](#)
51. [Identify the rights of clients.](#)
52. [Explain protection of client rights.](#)
53. [Describe clients' rights to be free from abuse, mistreatment, neglect, and abandonment.](#)
54. [Explain the concept of ethics as related to the nursing practice.](#)
55. [Explain nursing standards of care.](#)
56. [Describe the influence of various agencies on the delivery of health care.](#)
57. [Describe organizations that enhance the development of nursing.](#)

Explaining Principles of Anatomy and Physiology

58. [Explain the basic structural levels of body organization, anatomical structure, and body cavities.](#)
59. [Explain chemical components of the body.](#)
60. [Explain structures and functions of the cell.](#)
61. [Explain structures and functions of tissues, membranes, and glands.](#)
62. [Explain structures and functions of the integumentary system.](#)
63. [Explain structures and functions of the skeletal system.](#)
64. [Explain structures and functions of the muscular system.](#)
65. [Explain structures and functions of hematological system.](#)
66. [Explain structures and functions of the cardiovascular system.](#)
67. [Explain structures and functions of the lymphatic system, including immunity.](#)
68. [Explain structures and functions of the respiratory system.](#)
69. [Explain structures and functions of the gastrointestinal system.](#)
70. [Explain structures and functions of the endocrine system.](#)
71. [Explain structures and functions of the reproductive system.](#)
72. [Explain structures and functions of the nervous system.](#)
73. [Explain structures and functions of the urinary system.](#)
74. [Explain structures and functions of the sensory system.](#)
75. [Explain the fundamentals of fluid and electrolyte balance.](#)
76. [Identify the processes involved in electrolyte movement.](#)

Identifying Concepts of Nutrition

77. [Identify dietary patterns relating to ethnic, religious, cultural, and personal preferences.](#)
78. [Identify nutrients essential for optimal health and wellness.](#)
79. [Describe the digestion and metabolism of food.](#)
80. [Describe dietary guidelines recommended for health promotion.](#)
81. [Identify principles of food management and safety.](#)
82. [Explain basic dietary management techniques.](#)
83. [Demonstrate the process for providing nourishment.](#)

Examining Concepts of Wellness and Illness

84. [Identify principles of wellness and the promotion of healthy lifestyles for clients and populations.](#)
85. [Define Complementary and Alternative Medicine \(CAM\) / Integrative Healing Arts \(IHA\).](#)