Physical Requirements

The National Council of State Boards of Nursing, Inc. has determined the following categories of functional abilities are essential for licensure and job performance of the practical nurse. The faculty has determined that particular abilities are requisite for admission, progression, and graduation from the nursing program. A brief description and examples of representative activities/attributes are included (however examples are not inclusive).

Gross Motor Skills	Gross motor skills sufficient to provide the full range of safe and effective nursing care: fast paced walk, twisting, squatting
Fine Motor Skills	Fine motor skills examples: grasping small objects with hands, typing, pinching, picking, twisting, and squeezing with fingers
Physical Endurance	Physical stamina sufficient to perform client care activities for entire 6-12 hour shift: includes long periods of standing/walking
Physical Strength	Physical strength sufficient to perform a full range of client activities such as pulling and pushing 25 pounds, supporting and lifting up to 25 pounds, moving objects weighing up to 50 pounds
Hearing	Auditory ability sufficient for physical monitoring and assessment of client needs, examples: hearing faint body sounds, hearing auditory alarms
Visual	Visual ability sufficient for accurate observation and performance of nursing care: seeing objects up to 20 inches away and 20 feet away, depth perception, peripheral vision, and ability to distinguish color
Tactile	Tactile ability sufficient for physical monitoring and assessment of health care needs examples: feeling vibrations, detecting temperature and feeling differences in surface characteristics, sizes
Smell	Olfactory ability sufficient to detect significant environmental and client odors
Reading	Reading ability sufficient to comprehend the written word physician notes, lab reports, policies, procedures
Arithmetic	Arithmetic ability sufficient to do computations, examples: reading graphic printouts and digital displays, calibrating equipment, converting numbers to and/or from the metric system, measuring time, counting rates, using measurement tools, computing fractions
Emotional stability	Emotional stability sufficient to assume responsibility and accountability for actions: establishing therapeutic boundaries, adapting to changing environment/stress, focusing attention on a task, performing multiple responsibilities concurrently
Analytical thinking	Reasoning skills sufficient to perform deductive and inductive thinking for nursing decisions, examples: transferring knowledge from one situation to another, processing information, problem solving, evaluating outcomes, prioritizing tasks
Critical thinking skills	Critical thinking skills to make sound nursing judgments, examples: identifying cause-effect relationships, planning/controlling activities for others, synthesizing knowledge and skills, and sequenced information
Interpersonal skills	Interpersonal abilities sufficient to interact with individuals, families, and groups respecting social, cultural and spiritual diversity
Communication skills	Communication abilities sufficient for interaction with others in written and oral form, which includes teaching, explaining procedures, giving oral reports, and conveying information through writing