



**KING SALMAN ARMED FORCES HOSPITAL - NORTHWESTERN REGION  
NURSING DEPARTMENT**

**REGISTERED NURSE SKILLS CHECKLIST  
PSYCHIATRIC UNIT**

**PLEASE MARK LEVEL OF EXPERIENCE:**

- 1 = NO EXPERIENCE**  
**2 = KNOWLEDGE**  
**3 = PERFORM INFREQUENTLY {WOULD REQUIRE SOME SUPERVISION}**  
**4 = ABLE TO PERFORM WITHOUT ANY SUPERVISION**

<b>NURSING SKILLS CHECKLIST</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>CARE OF PATIENT WITH:</b>				
Assaultive behavior				
Chemical dependency				
ECT				
Eating disorders				
<b>MANAGEMENT OF SERIOUSLY MENTAL ILL CLIENTS</b>				
Manic disorder-acute phase				
Needs for limit setting				
Rapid tranquilization				
Restriction to isolation or seclusion				
Seizure disorder				
Severe anxiety				
Schizophrenia				
Suicidal tendencies				
<b>GENERAL:</b>				
Admission of psychiatric patient				
Active participation in multi-disciplinary treatment planning				
Active participation in Millieu Therapy				
Behavioristic charting				
Conducts or co-conducts group therapy sessions				
Continual reassessment of patient; updating care plan				
Initial nursing assessment and care plan				
Therapeutic communication skills				

<b>NURSING SKILLS CHECKLIST</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>RESTRAINTS</b>				
Ambulatory cuffs				
Full restraints				
Waist restraints				
Administering injections				
<b>MANAGEMENT OF PATIENT WITH SECONDARY MEDICAL PROBLEMS</b>				
Cardiac and/or pulmonary arrest				
Cardiac problems				
Diabetes				
Pulmonary Oedema				
<b>PROCEDURES</b>				
Foley catheter care				
Oro-naso-pharyngeal suctioning				
O2 Therapy				
Ostomy care				
Tracheostomy care				
Venepuncture for blood samples				
IV Therapy starts and maintenance				
Use of infusion pumps				
Tube feeds				
<b>OTHER:</b>				
Working knowledge of effective behavior modification techniques				
Assessing needs of elderly psychiatric patient				
Use of open and closed seclusion				
Active participation in family counseling				
Care of child psych patient				
Care of adolescent psychiatric patient				
Care of adult psych patient				
Care of the rape victim				
Care of the borderline patient				
Discharge planning for patients				
Experience with cross-cultural nursing				

<b>NURSING SKILLS CHECKLIST</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Participated as leader of assault team				
Working knowledge of bio psycho-social model for psych nursing				
Working knowledge of effective crises intervention techniques				
Administration and monitoring of the following medications:				
• Psychotropics				
• Anti-depressants				
• MAO-inhibitors				
• Hypnotic/sedatives				
• Anti-convulsants				
• Cardiac medications				
• Diuretics				
Function as Charge nurse				
Charting within the legal aspects of law				
<b>CERTIFICATION</b>	<b>YES</b>	<b>NO</b>	<b>EXPIRY DATE</b>	
BLS				
ACLS				
NRP				
PALS				
IV THERAPY				

*The information I have given is true and accurate.*

\_\_\_\_\_  
NAME (PLEASE PRINT)

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE