

## Physical Health Assessment and Monitoring: Physical Observations Competency Assessment

Name:	Role:
Base:	Date initial training completed:

### Competency Statement:

The participant demonstrates clinical knowledge and skill in undertaking physical observations without assistance and/or direct supervision (level 3 - see level descriptors). Assessment in practice must be by a Registered Health Care Professional who can demonstrate competence at level 4 or above.

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
<b>The Participant will be able to:</b>				
<b>1. Demonstrate to ability to perform baseline observations</b>				
a) Demonstrate the ability to measure blood pressure, including: i) recognition of normal blood pressure range ii) use of stethoscope iii) use of manual sphygmomanometer iv) use of automated sphygmomanometer v) correct choice of cuff vi) Documentation vii) Equipment cleaning	Questioning and observation			
b) Demonstrate the ability to measure radial pulse: i) rate ii) rhythm iii) amplitude	Observation			
c) Demonstrate the ability to measure temperature, including: i) Recognition of normal temperature range ii) Identify factors that may cause changes in temperature iii) Identify sites for temperature measurement iv) Demonstrate use of single use strips v) Demonstrate use of tympanic membrane thermometer vi) Demonstrate use of digital analogue probe thermometer	Questioning and observation			
d) Demonstrate the ability to measure respirations i) rate ii) depth ii) pattern	Observation			
e) Demonstrate the ability to practice in accordance with IP and C Policy, including hand hygiene, standard precautions and sharps when undertaking physical assessment	Observation			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
<b>2. Demonstrate the ability to perform pulse oximetry</b>				
a) Recognise the indications for use of pulse oximetry	Questioning			
b) Identify potential sources of error	Questioning			
c) Preparation of patient and equipment	Observation			
d) Selection of suitable area for the probe	Observation			
e) Take reading of oxygen saturation and record in patient notes. Report abnormal readings	Observation			
f) Clean and store equipment	Observation			
<b>3. Demonstrate the ability to perform neurological observations</b>				
a) Identify rationale for use of neurological assessment	Questioning			
b) Assess patient using Glasgow Coma Scale	Observation			
c) Document results and report abnormal findings	Observation			
<b>4. Demonstrate the ability to measure a apex / radial pulse</b>				
a) Identify rationale for measuring apical heart beat	Questioning			
b) Demonstrate procedure for measuring apical and radial pulse	Observation			
c) Document results and report abnormal findings	Observation			
<b>5. Demonstrate the ability to collect and analyse urine samples</b>				
a) Mid stream collection and urinalysis test e.g. BM test	Observation			
b) Catheter specimen collection and urinalysis test e.g. BM test	Observation			

