ASSOCIATE OF SCIENCE DEGREE IN NURSING PROGRAM (ADN)

We appreciate your interest in the nursing program at San Diego City College and hope that the following information will assist you in making an informed decision regarding your educational needs and future career goals. The purpose of the San Diego City College Nursing Program is to provide an educational opportunity for qualified individuals interested in a career in nursing.

The registered nursing curriculum prepares individuals to assume the responsibility for providing health care to clients with acute and chronic illnesses. Nursing theory is coordinated with laboratory experiences in local hospitals and health care agencies under the supervision of nursing faculty members. The ADN Program prepares the graduate for employment as an entry level staff nurse in a variety of health care settings, including acute care hospitals, long-term care facilities, home health agencies, outpatient clinics and doctors' offices.

Three educational options are available to meet licensure eligibility:
1. ASSOCIATE DEGREE NURSE (GENERIC) - Upon completion of the two year nursing curriculum and all college graduation requirements, the student is awarded an Associate of Science Degree and is eligible to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN).
2. ASSOCIATE DEGREE NURSE (LVN-RN) - Licensed Vocational Nurses who have graduated from accredited schools of vocational nursing may apply for this option which requires completion of a "transition" course, all second year nursing courses, and college graduation requirements. The student is awarded an Associate of Science Degree and is eligible to take the NCLEX-RN.
3. LVN THIRTY-UNIT OPTION - Licensed Vocational Nurses who desire to complete the minimum number of units (30) required to take the licensure examination may apply for this option. You must contact the Director of Nursing Education for restrictions & limitations regarding this option.

THE BEST SOURCE OF INFORMATION

INFORMATIONAL NURSING WORKSHOPS are offered throughout the year. Dates and times are listed on the nursing website, at the Admission Information link:
http://www.sdcity.edu/AcademicPrograms/ProgramsofInstruction/NursingEducation/AdmissionInformation
Any student interested in Nursing is encouraged to attend.

ENTRANCE REQUIREMENTS

1. Completion of all Immunizations: Print Immunization Form at:
   http://www.sdcity.edu/Portals/0/AcademicPrograms/ProgramsofInstruction/Nursing/2012/IMMUNIZATION%20form%2012-5-2012.pdf and take with you to be completed by physician.
2. Completion of the Test of Essential Academic Skills (only the TEAS V will be accepted) with a score of 62% or more. The TEAS can be taken anywhere it is offered. If you would like to take the TEAS at San Diego City College, contact the Nursing Department at: 619-388-3441 or email Susan Chandler at: schandle@sdccd.edu. (only official TEAS results, sent electronically, to the SDCC Nursing Department by ATI, will be accepted)

09/03/2015
3. Completion of the following PREREQUISITES with a minimum grade of “C” or better and a combined grade point average of 2.5 or higher in these 3 SCIENCE courses is required.***
   a. Biology 205, Microbiology, 5 semester units or equivalent.*
   b. Biology 230, Human Anatomy, 4 semester units or equivalent.**
   c. Biology 235, Human Physiology, 4 semester units or equivalent.*

* Must have been completed within seven years of application.
** Must have been completed within ten years of application.
*** Only one repeat of one science prerequisite is allowed within a 5 year period. Please note: a “W” will be counted as a repeat.

Students taking the biology prerequisites in the SDCCD (City, Mesa, and Miramar) may be required to complete Biology 107 and Chemistry 100/100L as prerequisites to BIOL 205, 230 and 235.

While we do not recommend taking ALL science prerequisites, particularly Anatomy, online with online labs, the PREREQUISITE COURSE EQUIVALENCY POLICY follows:
San Diego City College Nursing Education Program will accept, as equivalent, any prerequisite course (including online science courses and labs) taken at a regionally accredited college or university (ACCJC) with equivalent units and content. When there is a question about equivalent content, the San Diego City College department associated with the course (eg: Biology for Science prerequisites) will make the final decision.

All students, having met the basic entrance requirements, are eligible to apply for admission. The Nursing program accepts a class of 50-60 first year students each fall semester for the ADN program and 8-12 students for the LVN-RN or LVN 30 unit option program.

ACADEMIC ACCOMMODATION

The District is committed to the fundamental principles of nondiscrimination and accommodation in academic programs and to all provisions of Sections 504 and 508 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. District Policy 3105 and Procedure 3105.1 provide for academic accommodations and adjustments for students with disabilities.

Students with verified disabilities who may require academic adjustments of auxiliary aids are strongly recommended to contact the Disability Support Programs and Services (DSPS) Department, Room A-115, and complete orientation procedures well before classes begin. Students are encouraged to identify themselves to the appropriate instructors to discuss the details and time lines necessary to provide appropriate accommodations. Students enrolled in Online courses are encouraged to contact the college DSPS to request academic accommodation. Questions regarding academic accommodations may be directed to the college 504 Officer. Adopted from the San Diego City Community College District Catalog 2013-2014.

APPLICATION PROCEDURE

Complete steps 1-4 BEFORE applying to the nursing program.

1. Submit an application to the San Diego Community College District (SDCCD) online at: https://applyonline.communitycollege.net/studentappview.cfm.

2. Submit ALL of your official college transcripts to the Transcript Office by mail or in person to:
   San Diego Community College District
   Attn: Transcript Office Rm. 100
   3375 Camino Del Río South
   San Diego, CA  92108
   *Please note: No transcript is required for classes taken within the SDCCD. All foreign transcripts must be evaluated by an accredited US company. Submit the evaluation to the transcript office.

   09/03/2015
3. **Request an evaluation of your transcripts by the evaluations office: 619-388-3466** (evaluation could take up to 4 weeks). When you are notified that your transcripts have been evaluated, please make an appointment with Nursing Counselor, Laura Renker: lrenker@sdccd.edu for the results of the evaluation.

4. Request all official TEAS results to be sent electronically to SDCC Nursing Education Department from ATITesting.com

Applications accepted September 1st, 2015 to December 1st, 2015 only. All application materials must be IN the nursing department by December 1st, 2015 **(not postmarked by 12/1/2015)**. NO EXCEPTIONS

5. Submit nursing application, with all required documents available at:  
   http://www.sdcity.edu/AcademicPrograms/ProgramsofInstruction/NursingEducation/ApplicationProcedure
   Once an application is submitted, no further paperwork will be accepted. NO EXCEPTIONS.

   Documents to be submitted with application must include, but are not limited to: unofficial college transcripts for ALL college course work, immunization form and application check list. LVN – RN Advanced Placement students must submit a copy (back and front) of current, active California Vocational Nursing License.

6. Submit all required documents, by mail to: San Diego City College, Nursing Education Department  
   1313 Park Blvd, San Diego, CA 92101 or in person to: Nursing Dept. 1081 16th St, Room V-312N.

   **SELECTION OF APPLICANTS**

Admission to the program includes the use of a multi-criteria screening tool including, but not limited to, pre-requisite course GPA, a “fixed set” GPA, TEAS V score, degrees, work experience, life experiences and second language proficiency. The attached grid includes criteria and point values for admission screening:

http://www.sdcity.edu/Portals/0/AcademicPrograms/ProgramsofInstruction/Nursing/2013/3649_Admission_points_forwebsite_8-7-2013.pdf

**TRANSFER/ADVANCED PLACEMENT**

Applicants who wish to transfer from another school of nursing or who are graduates of approved schools of vocational nursing must meet all general entrance requirements of the Associate Degree Nursing Program, including completion of designated prerequisites and the TEAS. Acceptance of transfer students into the Associate Degree Nursing Program is contingent upon space availability and an evaluation of the applicant.

Interested candidates must schedule an appointment with the Program Director to discuss eligibility. Applicants who may be eligible for advanced placement include those individuals who have satisfactorily completed, within the last two (2) years:

1. nursing courses from an accredited school of Registered Nursing;
2. an accredited psychiatric technician program;
3. Or other courses which the school determines as equivalent to courses in the current nursing program.

**CHALLENGE/ADVANCED PLACEMENT**

Applicants with health-related education or experience within the last 2 years may be eligible to challenge nursing courses by examination. Challenge examinations for credit based on previous education/experience must be requested by the student at least six weeks prior to admission to the Associate Degree Nursing Program.

09/03/2015
Students must meet all general entrance requirements of the Associate Degree Nursing Program, including completion of designated prerequisites and TEAS. Acceptance of students into the Associate Degree Nursing Program wishing challenge by examination is contingent upon space availability and an evaluation of the applicant. Interested candidates must schedule an appointment with the Director of the Associate Degree Nursing Program to determine eligibility.

1. Students who believe they are eligible to challenge courses by examination must file a petition for challenge with the Director of Nursing Education (A maximum of 15 units may be challenged by exam).
2. Written and clinical competency examinations for advanced placement or challenge must be completed six weeks prior to admission to the program, unless waived by the Director of Nursing Education.
3. Upon challenge confirmation, applicants must file a petition for Credit by Examination with the Evaluations Office. A processing fee will be assessed.

ACCREDITATION

The San Diego City College Nursing Education Program is fully accredited by the California Board of Registered Nursing (BRN) & by the Accreditation Commission for Education in Nursing (ACEN). Questions or concerns regarding accreditation status may be addressed to the BRN (P.O. BOX 944210, Sacramento, CA 94244; Phone #: 916-322-33350) or ACEN (3343 Peachtree Rd. NE, Suite 500 Atlanta, GA 30326).

EXPENSES

A physical examination completed by a physician or nurse practitioner of the student's choice, necessary immunizations, laboratory tests, background check and urine drug screening, are to be completed at the student's expense prior to beginning nursing courses. (Currently enrolled students may use Student Health Services) Current CPR Certification (from American Heart Association) is required prior to entering the program and must be maintained throughout the program. Designated uniforms, textbooks, instructional supplies and standardized examinations are the major cost items. The estimated cost at this time is about $4,800.00.

PROGRAM DEMANDS

The San Diego City College nursing education program is a rigorous program demanding the student allow adequate time for study, clinical preparation and on-campus laboratory practice. In order to promote academic success, it is recommended that outside work to supplement living and school costs be limited. A **minimum grade of C = 75% is required in each nursing course for progression and satisfactory completion of the program.**

CONVICTION HISTORY

The prior conviction of a misdemeanor or felony crime, or disciplinary action against an LVN/LPN license, may influence eligibility for licensure as a Registered Nurse. Applicants with such prior convictions are urged to contact the Director of Nursing Education (619) 388-3441 for confidential advisement or to contact the Board of Registered Nursing for more specific information (916) 322-3350.

CRIMINAL BACKGROUND CHECK & URINE DRUG SCREEN PROCESS

Students accepted into this program will be required to successfully complete Directed Clinical Practice / clinically-based courses held in health care facilities. These facilities require background checks and urine drug screening as a condition of placement. Refusal to submit to a background check/urine drug screen, or failure to meet clearance criteria established by the health care facility, may prevent placement in the Directed Clinical Practice/clinically-based course and thus, it may not be possible to successfully progress in or complete the program. Health care facilities also require adherence to strict standards of conduct. Facilities may refuse educational access to any person who does not adhere to the facility's standards of safety, health and ethical behavior. This may be cause for withdrawal from the program.

09/03/2015
A criminal background check and urine drug screen is required for all nursing students enrolled in clinical courses. Based upon the results of this review, a student may be denied access to a clinical agency and subsequently, not allowed to continue in the program. More specific details will be provided at the orientation session.

ONLINE ACCESS TO:
---Applications
---Class Schedules
---College Catalog
---College Programs
---College Services
http://www.sdcity.edu/

IMPORTANT COLLEGE PHONE NUMBERS
---Applications: 388-3475
---Admissions: 388-3474
---Records: 388-3540
---Counseling: 388-3501
---Financial Aid: 388-3466
---Evaluations: 388-3850
---Student Health Services 388-3450

SAMPLE CURRICULUM PLAN
ASSOCIATE DEGREE NURSING PROGRAM
(GENERIC)

PREREQUISITES

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>+Biology 230</td>
<td>Human Anatomy</td>
<td>4.0</td>
</tr>
<tr>
<td>+Biology 235</td>
<td>Human Physiology</td>
<td>4.0</td>
</tr>
<tr>
<td>+Biology 205</td>
<td>Microbiology</td>
<td>5.0</td>
</tr>
</tbody>
</table>

+May require the completion of Biology 107 and/or Chemistry 100/100L. See a counselor for more information.

SEMESTER I
NE 140 Foundations of Nursing 4.5
NE 141 Pharmacology for Nursing 1.0
NE 142 Medical/Surgical Nursing I 4.5
NE 143 Pharmacology for Nursing II (elective) 1.0
NE 108 Nursing Skills Lab I (elective) 1.0

SEMESTER II
NE 144 Medical/Surgical Nursing II 4.5
NE 145 Pharmacology for Nursing III (elective) 1.0
NE 146 Maternal Child Health Nursing 4.5
NE 147 Pharmacology for Nursing IV (elective) 1.0
NE 206 Nursing Skills Lab II (elective) 1.0

SEMESTER III
NE 240 Medical/Surgical Nursing III 4.5
NE 241 Pharmacology for Nursing V (elective) 1.0
NE 242 Mental Health and Gerontological Nursing 4.5
NE 243 Pharmacology for Nursing VI (elective) 1.0

SEMESTER IV
NE 244 Medical/Surgical Nursing IV 4.5
NE 245 Pharmacology for Nursing VII (elective) 1.0
NE 246 Leadership in Nursing 4.5

09/03/2015
PLEASE NOTE:
It is strongly recommended that ALL of the general education requirements for the Associate Degree in Nursing (ADN) be completed prior to admission to the nursing education program. Please refer to the SDCC Catalog for specific course options and consult with nursing counselor, Laura Renker, Lrenker@sdccd.edu.

Students are responsible for completing the General Education requirements for the Associate of Science Degree in Nursing (ADN) prior to taking the National Licensure Examination (NCLEX-RN). It is imperative that each student plan their educational program to complete these courses in a timely manner. Make sure your Education Plan is complete before you enter the program.

English, Speech, Sociology, and Psychology must be completed with a “C” or better prior to applying for the National Licensure examination (NCLEX-RN).

SAMPLE CURRICULUM PLAN
LVN to RN ASSOCIATE DEGREE NURSING PROGRAM
(LVN-RN Step-Up)

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+May require the completion of Biology 107 and/or Chemistry 100/100L. See a counselor for more information.

SPRING SEMESTER
NE 235      LVN to RN Transition   2.0

SEMESTER I
NE 240  Medical/Surgical Nursing III  4.5
NE 241  Pharmacology for Nursing V (elective)  1.0
NE 242  Mental Health and Gerontological Nursing  4.5
NE 243  Pharmacology for Nursing VI (elective)  1.0

SEMESTER II
NE 244  Medical/Surgical Nursing IV  4.5
NE 245  Pharmacology for Nursing VII (elective)  1.0
NE 246  Leadership in Nursing  4.5

PLEASE NOTE:
It is strongly recommended that ALL of the general education requirements for the Associate Degree in Nursing (ADN) be completed prior to admission to the nursing education program. Please refer to the SDCC Catalog for specific course options and consult with nursing counselor, Laura Renker, Lrenker@sdccd.edu.

Students are responsible for completing the General Education requirements for the Associate of Science Degree in Nursing (ADN) prior to taking the National Licensure Examination (NCLEX-RN). It is imperative that each student plan their educational program to complete these courses in a timely manner. Make sure your Education Plan is complete before you enter the program.

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09/03/2015
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SPRING SEMESTER
NE 235   LVN to RN Transition  2.0

SEMESTER I
NE 240  Medical/Surgical Nursing III  4.5
NE 241  Pharmacology for Nursing V (elective)  1.0
NE 242  Mental Health and Gerontological Nursing  4.5
NE 243  Pharmacology for Nursing VI (elective)  1.0

SEMESTER II
NE 244  Medical/Surgical Nursing IV  4.5
NE 245  Pharmacology for Nursing VII (elective)  1.0
NE 246  Leadership in Nursing  4.5

Licensed Vocational Nurses who select the "Thirty-Unit Option" method to satisfy the requirements for licensure as a Registered Nurse will be restricted to practice nursing within the State of California. Students who complete this option (30/45 unit) will take NCLEX-RN as a non-graduate. This status will not change even if student goes on to obtain a degree. There is no restriction to practice within California. The student may have difficulty in transferring to another state or territory. The student may also have difficulty applying to a college/university for an advanced degree.

PLEASE NOTE:

English, Speech, Sociology, and Psychology must be completed with a “C” or better prior to applying for the National Licensure examination (NCLEX-RN).
This is a multiple-choice assessment of basic academic knowledge in reading, mathematics, science and English and language usage. These entry level skills were deemed important for nursing program applicants by a panel of nursing program curriculum experts.

All individuals preparing to take the TEAS test must create an ATI account. Time Limit is 209 minutes. The TEAS is a 170-item, four–option, multiple–choice assessment. Calculators may NOT be used for the test.

To prepare in an organized and efficient manner, you should know what to expect from the real assessment.

<table>
<thead>
<tr>
<th>CONTENT AREA</th>
<th>NUMBER OF SCORED ITEMS</th>
<th>AMOUNT OF TIME ALLOCATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading</td>
<td>48</td>
<td>58 minutes</td>
</tr>
<tr>
<td>Mathematics</td>
<td>34</td>
<td>51 minutes</td>
</tr>
<tr>
<td>Science</td>
<td>54</td>
<td>66 minutes</td>
</tr>
<tr>
<td>English and Language Usage</td>
<td>34</td>
<td>34 minutes</td>
</tr>
<tr>
<td>Total</td>
<td>170</td>
<td>209 minutes</td>
</tr>
</tbody>
</table>

Products available to prepare for TEAS include:

Learning Strategies: You’re Guide to Classroom and Test-Taking Success
This comprehensive book is designed to help students develop learning and test-taking strategies. It is intended for students preparing to take entrance exams and beginning post-secondary education.

TEAS V
TEAS V products were designed to work together. It is recommended that you take an online practice test when you are just starting to prepare for the TEAS V test. After taking the practice test, you will be provided with a score report that will highlight a list of topics to review based upon your performance on the practice test. These topics will be linked to information sources within the TEAS V Study Manual. Then after reviewing those topics, you should take the second version of the TEAS V practice test to check for improvement.

TEAS V Online Practice Assessments:
There are two different versions of the online practice assessments available for purchase. Each on-line assessment has 150 questions, patterned after the original TEAS V exam and is designed to give a sense of what to expect in both content and format.

TEAS V Online Practice Assessment Form A  $44
TEAS V Online Practice Assessment Form B  $44
TEAS V Study Manual:  $48

Official TEAS V resource specifically written to address each objective that could potentially be addressed on the TEAS V exam including Reading, Mathematics, Science and English and Language Usage. Each study guide comes with two additional paper/pencil practice tests with rationales for correct answers.

TEAS V Study Package:  $109
Includes both versions of the TEAS V online practice assessments and the TEAS V Study Manual at a discounted price.

For further information, visit the website at www.atitesting.com or call 1-800-667-7531. TEAS Prep classes can be found in the San Diego area. Email Susan Chandler schandle@sdccd.edu for information.

09/03/2015
The San Diego City College Nursing Education program has instituted a policy to assist students in preparation for a rigorous academic nursing program. Prospective nursing students must pass the TEAS V prior to applying for program admission. This test assesses basic skills in Math, English, Reading, and Science.

Only students who are applying to San Diego City College are eligible to take the TEAS at San Diego City College. **Only the score from the first TEAS V will be used on the application point grid.** Therefore, preparation for this assessment is essential. Use of the study manual and the online practice exam is highly recommended. These test preparation materials may be purchased at [www.atitesting.com](http://www.atitesting.com).

Upon completion of prerequisites, the prospective nursing student must take the TEAS at any designated testing center. The prospective nursing student who achieves a passing composite score (62%) is ready for application. The prospective student who achieves less than a passing composite score (<62%) must meet with the Student Success Advisor or designated nursing department representative, to develop a remediation plan. The TEAS V may be repeated one time upon completion of the remediation plan, one year after the first attempt.

**REMEDICATION PROCEDURE:**

1. Schedule an appointment with the Student Success Advisor or designated nursing department representative to develop the remediation plan that may include but is not limited to the following:
2. Obtain a TEAS study manual and online practice exams.
3. Take TEAS results to San Diego City College Math Center for evaluation and placement in the appropriate 15 A, B or C refresher course.
4. Take TEAS results to the San Diego City College English Center for evaluation and placement in appropriate English course 12A, 43, 51 or 56.
5. Self remediate in Science with TEAS study manual and review Anatomy, Physiology, and Microbiology course materials.
6. Present documentation of course completions to Nursing Admissions or Student Success Advisor or designated nursing department representative.
7. Retake TEAS and achieve (62%) composite score no sooner than one year after the first TEAS examination.
<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>POSSIBLE POINTS PER CATEGORY</th>
<th>EXAMPLE OF POSSIBLE POINT DISTRIBUTION</th>
</tr>
</thead>
</table>
| Academic degrees or diplomas, or relevant certificates held by an applicant. Documented relevant work or volunteer experience (at least 100 hours) in Health care within the last 3 years. | 15 points Maximum (points awarded for the highest degree earned only) | Points will be awarded for degrees obtained in the United States from a regionally accredited college only BS/BA/MS/MA = 10 points  
Associate Degree = 5 points  
LVN = 5 points  
Allied Health Certification = 5 points  
Relevant work or volunteer experience = 5 points |
| Grade Point Average in relevant course work                               | 30 points Maximum            | Minimum 2.5 GPA in Anatomy, Physiology, and Microbiology.  
GPA = 4.0  
GPA = 3.5 – 3.99  
GPA = 3.0 – 3.49  
GPA = 2.5 – 2.99 |
| Grade Point Average in “fixed set” course work                           | 15 points Maximum            | “Fixed Set” GPA (English, Intermediate Algebra, Speech/Communication, Psychology, Behavioral or Social Science/Anthropology – MUST have all)  
GPA = 4.0  
GPA = 3.5 – 3.99  
GPA = 3.0 – 3.49  
GPA = 2.5 – 2.99 |
| Life experience or special circumstances of an applicant, including but not necessarily limited to, the following:  
  a. Veteran/Active Military  
  b. Disabilities  
  c. Low Family Income  
  d. First generation of family to attend college  
  e. Need to Work  
  f. Disadvantages, social or educational environment  
  g. Difficult personal and family situations or circumstances  
  h. Refugee status  
  i. Spouse Veteran/Active Military Spouse | 5 points Maximum | Criteria/Application requirement  
a. Copy of DD214 form.  
b. Copy of DSPS evaluation or letter from Physician documenting disability.  
c. Documented copy of eligibility of Financial Aid, Cal Works, BOGFW-B, Federal Pell Grant or EOPS.  
d. Written statement from applicant.  
e. Documentation from employer on company letterhead verifying dates of employment.  
f. Written statement from applicant.  
g. Pertains to: single parent, deployed spouse, family caregiver, death of family member within 6 months, medical problem, financial issue. Written statement from applicant.  
h. Copy of the card indicating refugee status.  
i. Copy of DD214 |
| Documented proficiency or advanced level of coursework in languages other than English. Credit for languages other than English shall be received for languages that are identified by the Chancellor’s Office. | 3 points | 3 points total for the ability to communicate in a health care setting in American Sign, Spanish, Tagalog, Arabic, Chinese, Farsi, Russian, various languages of Indian Subcontinent and Southeast Asia. |
| Assessment/readiness test results Test of Essential Academic Skills (TEAS)  
TEAS V only | 32 points Maximum | Composite score on FIRST ATTEMPT of TEAS V  
91-100% = 32 points  
86-90% = 28 points  
81-85% = 24 points  
76-80% = 21 points  |
San Diego City College Nursing Education Program  
Physical and Mental Abilities for Nurses

The National Council of State Boards of Nursing has identified skills and activities as common to all practicing nurses. The following describes physical and mental abilities required to be able to perform the core skills and activities essential to the practice of nursing. The San Diego City College nursing faculty believes that student nurses should have these abilities with or without reasonable and appropriate accommodations.

<table>
<thead>
<tr>
<th>Functional Ability</th>
<th>Core Performance Standard (Rationale Examples)</th>
</tr>
</thead>
</table>
| **Gross Motor Skills** | • Move within confined space (patient rooms)  
• Sit and maintain balance (patient rooms, procedures)  
• Stand and maintain balance (patient rooms, surgery, procedures)  
• Reach above shoulders (hang IV bags)  
• Reach below waist (plug-ins) |
| **Fine Motor Skills** | • Pick up objects with both hands (bedpans, procedures)  
• Grasp small objects with both hands (sterile procedures, dressing changes, medication packages)  
• Write with pen or pencil (documentation, labeling)  
• Key/type or use a computer (documentation)  
• Pinch/pick or otherwise work with fingers of both hands (syringes, catheters)  
• Twist with both hands (turn knobs, open solutions)  
• Squeeze with fingers with both hands (eye dropper) |
| **Physical Endurance** | • Stand (at client’s side during procedure)  
• Sustain repetitive movement (CPR)  
• Maintain physical tolerance (CPR, work up to 12 hour shift) |
| **Physical Strength** | • Push and pull 25 pounds (position clients)  
• Support 25 pounds of weight (ambulate client)  
• Lift 25 pounds (transfer client or lift pediatric clients)  
• Move light objects up to 10 pounds (medical equipment)  
• Move heavy objects weighing from 10 to 50 pounds  
• Defend self against combative client  
• Carry equipment/supplies  
• Use upper body strength (CPR, restrain a client)  
• Squeeze with both hands (fire extinguisher, medication containers) |
| **Mobility** | • Twist (reach head of bed and other sections without moving)  
• Bend (patient assist)  
• Stoop/squat (chest tube or Foley containers)  
• Move quickly (assist unstable patient)  
• Climb (ladder, stools, stairs)  
• Walk (room to room to nurse’s station) |
| **Visual** | • See objects up to 20 inches away (medical equipment and patient)  
• See objects more than 20 feet away (down the hallway)  
• Use depth perception (assess wounds)  
• Use peripheral vision (find objects in the hospital room)  
• Distinguish color (medication bottles and electronic medical record codes)  
• Distinguish color intensity (electronic medication alerts) |
| **Tactile** | • Feel vibrations (pulses)  
• Detect temperature (inflammation)  
• Feel differences in surface characteristics (skin turgor)  
• Feel differences in sizes, shapes (palpate vein)  
• Detect environmental temperature (patient comfort) |
<table>
<thead>
<tr>
<th>Hearing</th>
<th>• Hear normal speaking level sound (patient and staff communication)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Hear faint voices (weak patients or those with quiet voices)</td>
</tr>
<tr>
<td></td>
<td>• Hear faint body sounds (BP, heart and bowel sounds)</td>
</tr>
<tr>
<td></td>
<td>• Hear in situations not able to see lips (when using masks)</td>
</tr>
<tr>
<td></td>
<td>• Hear sound alarms (monitors, IV pumps, fire)</td>
</tr>
<tr>
<td>Emotional Stability</td>
<td>• Establish therapeutic boundaries (patient safety)</td>
</tr>
<tr>
<td></td>
<td>• Provide client with emotional support (caring attitude)</td>
</tr>
<tr>
<td></td>
<td>• Adapt to changing environment/stress (function in varied situations)</td>
</tr>
<tr>
<td></td>
<td>• Deal with unexpected (crisis)</td>
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<tr>
<td></td>
<td>• Focus attention on task (timing and precision of skills)</td>
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<tr>
<td></td>
<td>• Monitor own emotions (work with patients who are sick and dying)</td>
</tr>
<tr>
<td></td>
<td>• Perform multiple responsibilities concurrently (more than one patient)</td>
</tr>
<tr>
<td></td>
<td>• Handle strong emotions (grief)</td>
</tr>
<tr>
<td>Analytical Thinking Skills</td>
<td>• Transfer knowledge from one situation to another (prevent complications)</td>
</tr>
<tr>
<td></td>
<td>• Process information (intervene when medical tests or assessment findings are abnormal)</td>
</tr>
<tr>
<td></td>
<td>• Evaluate outcomes (nursing process)</td>
</tr>
<tr>
<td></td>
<td>• Problem solve (with care team and client)</td>
</tr>
<tr>
<td></td>
<td>• Prioritize tasks (nursing process)</td>
</tr>
<tr>
<td></td>
<td>• Use long term memory (give report to next shift)</td>
</tr>
<tr>
<td></td>
<td>• Use short term memory (vital signs to be documented)</td>
</tr>
<tr>
<td>Critical Thinking Skills</td>
<td>• Identify cause and effect relationships (side effects or changes in patient condition)</td>
</tr>
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<td></td>
<td>• Plan/control activities for others (multi-task)</td>
</tr>
<tr>
<td></td>
<td>• Synthesize knowledge and skills (perform within scope of practice)</td>
</tr>
<tr>
<td></td>
<td>• Sequence information (correctly prioritize client’s needs)</td>
</tr>
<tr>
<td>Interpersonal Skills</td>
<td>• Negotiate interpersonal conflict (collaborate with others)</td>
</tr>
<tr>
<td></td>
<td>• Respect differences in clients (embrace diversity)</td>
</tr>
<tr>
<td></td>
<td>• Establish rapport with clients (develop therapeutic relationships)</td>
</tr>
<tr>
<td></td>
<td>• Establish rapport with co-workers (demonstrate civility)</td>
</tr>
</tbody>
</table>

1. I, ________________________________ acknowledge that I am able to perform the above core skills and activities without accommodations.

   Signature ________________________________                            Date: _____________________

   OR

2. I, ________________________________ will be submitting a plan for disability accommodations. The following steps are required to be completed, and this form must be submitted prior to beginning the nursing program.

   a. Submit documentation to the Office for Disability Support Programs and Services (DSPS):
      i. Medical and other factors related to the disability; and
      ii. Specification of the reasonable and appropriate accommodations needed.
   b. Develop a disability accommodation plan in conjunction with DSPS.
   c. Schedule an appointment to review this plan with the Nursing Program Dean/Director to discuss the nature of the necessary accommodations.

   Signature ________________________________                            Date: _____________________

In the event that a student currently in clinical courses becomes permanently disabled and unable to perform core skills and activities, the same process outlined above, in #2 must be followed.

**Failure to submit this form and accompanying materials by the stated deadlines will result in withdrawal of acceptance into the San Diego City College Nursing program.**

09/03/2015