E: Nursing Practice

**Please note:** Competencies within this section of the Profile are to be taken in consideration with competencies outlined throughout this document and are not intended to be standalone.

**Important:** LPNs are responsible to ensure they have any required education or training and the individual competence prior to performing these competencies.
<table>
<thead>
<tr>
<th>Competency Statement - A Licensed Practical Nurse will:</th>
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<tbody>
<tr>
<td><strong>E-1-1</strong> Demonstrate knowledge and ability to assess patient functional status to independently perform self-care:</td>
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<tr>
<td>• personal hygiene, dressing, oral care, and grooming</td>
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<td>• range of motion, lift and transfer</td>
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<tr>
<td>• nutrition and hydration</td>
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<td>• continence care</td>
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<td>• communication and technology</td>
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<td>• community mobility</td>
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<td>• health and medical interventions</td>
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<td>• household management</td>
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<td><strong>E-1-2</strong> Demonstrate knowledge and ability to assess and document patient inability to achieve independent self-care and refer for further assessment and support as required:</td>
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<tr>
<td>• physical and cognitive impairments</td>
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<td>• gaps in support system</td>
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<td>• socioeconomic and sociocultural issues</td>
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<td>• assistive mobility devices</td>
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<td><strong>E-1-3</strong> Demonstrate knowledge and ability to provide patient teaching to support independent use of mobilization devices:</td>
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<tr>
<td>• crutches, cane, walker</td>
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<tr>
<td>• wheelchair, lift and transfer device</td>
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<td>• motorized scooter or wheelchair</td>
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Competency Statement - A Licensed Practical Nurse will:

E-2-1 Demonstrate knowledge and ability to assess and provide nutrition and hydration by multiple routes:
- enteral
- gastrostomy
- hypodermoclysis
- intravenous
- jejunostomy
- nasogastric
- nasojejunal
- oral
- orogastric
- intraosseous

E-2-2 Demonstrate knowledge and ability to insert, manage, and remove a nasogastric tube with a stylet.

E-2-3 Demonstrate knowledge and ability to reinsert established gastrostomy tube.

E-2-4 Demonstrate knowledge and ability to perform nutrition and hydration assessment and manage patient care needs:
- appetite
- basic chewing and swallowing assessments
- dietary and fluid restrictions
- referral as required

E-2-5 Demonstrate knowledge of parenteral nutrition composition and indications for use.

E-2-6 Demonstrate knowledge and ability to monitor, regulate, and discontinue Parenteral Nutrition (PN).

E-2-7 Demonstrate knowledge and ability to identify and manage side effects and complications of parenteral nutrition:
- changes in skin condition, color, or temperature
- bloating, nausea, back or flank pain
- fainting, convulsion, or seizure
- changes in vision
- nutritional imbalance
- fluid retention
- change in cardiovascular status
- hepatic dysfunction (fatty liver disease, jaundice, hepatomegaly, cholelithiasis)
- metabolic imbalance (hyper or hypo: glycemia, kalemia, calcemia)

Note: Licensed Practical Nurses are not authorized to provide the restricted activity of administering Parenteral Nutrition (PN).
Competency Statement - A Licensed Practical Nurse will:

**E-3-1** Demonstrate knowledge and ability to manage elimination needs:

- **urinary**
  - bladder capacity assessment
  - catheter flush
  - continuous bladder irrigation
  - distension
  - double J stent
  - incontinence
  - urethral and coude catheter (insert & remove)

- **bowel**
  - digital stimulation
  - enema and suppositories
  - fecal disempaction

- **nephroscopy**
  - reinserting established suprapubic catheter
  - residual urine
  - retraining
  - urethroscopy
  - vaginal pessary (insert and remove)
  - appropriate management of prolapse

**E-3-2** Demonstrate knowledge and ability to utilize devices and equipment related to elimination needs.

**Note:** Licensed Practical Nurses are not authorized to insert urological elimination devices using a guide-wire or stylet.

**Note:** Application of non-ionizing radiation (ultrasound image) for the purpose of assessment by a Licensed Practical Nurse is not authorized under the LPN Profession Regulation (2003) without physician supervision.
Competency Statement - A Licensed Practical Nurse will:

**E-4-1** Demostrate knowledge of indications and risks associated with peritoneal dialysis.

**E-4-2** Demonstrate knowledge and ability to monitor and manage peritoneal catheter site.

**E-4-3** Demonstrate knowledge and ability to perform procedures involved in peritoneal dialysis:
- initiate, monitor, and discontinue
- intra-peritoneal medication administration

**E-4-4** Demonstrate knowledge and ability to calculate patient’s creatinine and urea clearance.
Competency Statement - A Licensed Practical Nurse will:

**E-5-1** Demonstrate knowledge and ability to provide basic foot care including trimming and filing nails.

**E-5-2** Demonstrate knowledge of common micro-organisms of the feet:
- bacteria
- viruses
- fungi
- yeast

**E-5-3** Demonstrate knowledge of infection prevention and control standards associated with foot care.

**E-5-4** Demonstrate knowledge and ability to assess compromised circulation and its effects on lower extremities.

**E-5-5** Demonstrate knowledge and ability to provide basic foot care for a patient with compromised circulation.

**E-5-6** Demonstrate knowledge and ability to teach appropriate foot care to patient, family, and others.

**E-5-7** Demonstrate knowledge and ability to determine when patient foot care needs extend beyond basic foot care and require referral to an advanced foot care professional.
Competency Statement - A Licensed Practical Nurse will:

E-6-1 Demonstrate knowledge and ability to identify patient risk for recurrence or exacerbation of skin breakdown.

E-6-2 Demonstrate knowledge and comprehension of pathophysiology and etiology related to principles of wound assessment, healing, and management:

- biochemical process related to wound healing
  - hemostasis
  - inflammation
- proliferation and granulation
- remodeling and maturation
- factors which impede healing
  - vascular compromise
  - immunodeficiency
  - metabolic disease
  - connective tissue disorders
  - malignancy
- hygiene practices
- psychosocial disorders
- infection, burns, trauma
- nutritional deficiencies
- effects of medication
- factors related to optimal healing environment
- utilize wound classification and staging tools
- differentiate between acute, chronic, and malignant wounds

E-6-3 Demonstrate knowledge and ability to perform wound care assessment and treatments:

- acute wounds
- malignant wounds
- skin ulceration wounds
- surgical wounds
- traumatic wounds
- occlusive dressings
- wounds with packing
- pressure dressings
- wound compresses
- wound irrigation
- wounds with drains
- specialized wound equipment (negative pressure therapy)

E-6-4 Demonstrate knowledge of the purpose of wound debridement.

E-6-5 Demonstrate knowledge and ability to assess psychosocial and quality of life concerns of patient and others related to wound care management:

- alterations of body image and lifestyle impact
- attitudes, feelings, beliefs, and values
- communication and information needs
- patient and family involvement in care planning and decision making
- pain management strategies
- person-centered holistic care
Competency Statement - A Licensed Practical Nurse will:

E-7-1 Demonstrate knowledge and ability to apply the nursing process in assessment and management of complex, acute, chronic, and malignant wounds related to:
- arterial disease
  - acute thrombosis
  - chronic atherosclerosis
- venous disease
  - acute deep vein thrombosis
  - chronic venous insufficiency
  - varicose veins
- co-morbidities
- chronic edema
- allergies and sensitivities

- complicated post-surgical
- diabetes
- exudate management and malodorous secretions
- functional limitations
- lymphatic sufficiency
- neuropathic and neurogenic pain
- necrosis and fungation
- vascular sufficiency

E-7-2 Demonstrate knowledge and ability to perform clinical and technical vascular assessment of lower limbs considering medical and physical history:
- skin integrity
- hair and nail condition and growth
- mobility and range of motion
- structural deformities and varicosities
- ankle brachial pressure indices
- photoplethsmography (pulse oximeter)
- presence or absence of pulses
- neuropathy monofilament testing
- non-imaging doppler application and interpretation
- compression therapy
- co-morbidities
- pain (type, location, duration)
- current medications
- family history

E-7-3 Demonstrate knowledge and ability to perform advanced wound care treatment and wound dressing to promote healing based on:
- classification and characteristics
- phase of healing
- patient need and risk factors
- protection against secondary injury
- insulating and moistening wound

- providing effective barrier to microorganisms
- preventing maceration and irritation of surrounding tissues
- free from particulate and toxins

E-7-4 Demonstrate knowledge and ability to provide or assist with adjunct therapies often associated with care of advanced wounds:
- electrical stimulation
- negative pressure therapy
- hyperbaric oxygen therapy
## Competency Statement - A Licensed Practical Nurse will:

### E-7-5 Demonstrate knowledge and ability to perform wound debridement:
- Level 1: removal of loose, avascular skin tissue
- Level 2: removal of tissue within the dermis and hypodermis (not beyond the subcutaneous fascia)

### E-7-6 Demonstrate knowledge and ability to identify patient risk for recurrence or exacerbation of skin breakdown and develop appropriate prevention strategies.

### E-7-7 Demonstrate knowledge and ability to assess psychosocial and quality of life concerns of patient and others related to advanced wound care management:
- patient-centered holistic care
- alterations of body image and lifestyle
- attitudes, feelings, beliefs, and values
- cosmetic effect of dressings
- communication and information needs
- coping strategies and support services
- sociocultural issues (marginalization or social isolation)
- impact on interpersonal relationships and functional ability
- pain management strategies
- socioeconomic issues (financial, relational, emotional, spiritual)
- expectations, short and long term goals
- involve patient and family in care planning decision making

### E-7-8 Demonstrate knowledge and ability to provide health teaching and coaching to patient, family, and others related to advanced wound care management and the healing process.

### E-7-9 Demonstrate knowledge and ability to communicate, consult, and collaborate with inter-professional team.

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## Competency E-8: Phlebotomy

Competency Statement - A Licensed Practical Nurse will:

**E-8-1** Demonstrate knowledge of anatomy and physiology related to phlebotomy.

**E-8-2** Demonstrate knowledge and ability to perform phlebotomy and manage blood samples according to employer requirements.

**E-8-3** Demonstrate knowledge and ability to communicate and collaborate with inter-professional team.

**E-8-4** Demonstrate knowledge and ability to perform therapeutic phlebotomy for conditions such as:
- hemochromatosis
- sickle-cell disease
- polycythemia
Competency Statement - A Licensed Practical Nurse will:

E-9-1 Demonstrate knowledge of differences between conventional medicine and complementary and alternative therapies.

E-9-2 Demonstrate knowledge of common complementary and alternative therapies:
   - bio-field energy (Reiki, electromagnetic, therapeutic touch)
   - biologically based (dietary supplements, herbal products, vitamins, aromatherapy)
   - manipulative physical based (massage, chiropractic, reflexology)
   - mind-body (hypnosis, visual imagery, meditation)
   - whole medical (homeopathy, naturopathy, traditional medicine)

E-9-3 Demonstrate knowledge and ability to assess and consider impact of complementary and alternative therapies on nursing interventions and plan of care, respecting patient’s goals of care.

E-9-4 Demonstrate knowledge and ability to assess and manage risk factors associated with complementary and alternative therapies:
   - patient perspective on efficacy
   - delayed treatment
   - contraindications with conventional medicine
   - cost and financial impact
   - understanding of health risks and interactions
   - potential atypical symptoms/response

E-9-5 Demonstrate knowledge and ability to respect and support patients decision to supplement or replace conventional care with complementary or alternative therapy.
Competency Statement - A Licensed Practical Nurse will:

E-10-1 Demonstrate knowledge of the anatomy of the ear.

E-10-2 Demonstrate knowledge of the purpose of ear syringing.

E-10-3 Demonstrate knowledge and ability to perform ear syringing for the purpose of removing cerumen.
Competency Statement - A Licensed Practical Nurse will:

**E-11-1 Demonstrate knowledge of the concepts of rehabilitative and restorative care focused on maximizing optimal level of function:**
- physiological
- psychological
- psychosocial

**E-11-2 Demonstrate knowledge and ability to facilitate a positive rehabilitative environment and support addressing barriers to recovery:**
- alignment of treatment modalities
- identify coping mechanisms
- managing care goals and recovery outcomes
- activities of daily living
- adaptive and environmental aids
- change in abilities
- communication techniques
- functional independence
- nutritional needs
- cultural and spiritual influences
- self confidence

**E-11-3 Demonstrate knowledge and ability to support patient’s self-management of episodic and chronic pain.**
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<tr>
<td>E-12: Post-Mortem Care</td>
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Competency Statement - A Licensed Practical Nurse will:

**E-12-1** Demonstrate knowledge and ability to pronounce (expected) death, and provide post-mortem care:
- assess cessation of vital signs
- record and report time of death
- notify next of kin or designate
- notify inter-professional team
- provide supportive environment for family
- provide care of body respecting patient, family and cultural wishes

**E-12-2** Demonstrate knowledge and ability to care for the body adhering to employer requirements in relation to expected and unexpected death.

**E-12-3** Demonstrate knowledge and ability to manage the deceased person’s valuables appropriately.

**E-12-4** Demonstrate knowledge and ability to notify funeral home, prepare documents, and arrange transfer of body.

**E-12-5** Demonstrate knowledge and ability to assist in post-mortem examination and sample procurement.