

## 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.

Major Competency  
**E: Nursing Practice**

Competency  
**E-1: Activities of Daily Living**

Competency Statement - A Licensed Practical Nurse will:

**E-1-1 Demonstrate knowledge and ability to assess patient functional status to independently perform self-care:**

- personal hygiene, dressing, oral care, and grooming
- range of motion, lift and transfer
- nutrition and hydration
- continence care
- communication and technology
- community mobility
- health and medical interventions
- household management

**E-1-2 Demonstrate knowledge and ability to assess and document patient inability to achieve independent self-care and refer for further assessment and support as required:**

- physical and cognitive impairments
- gaps in support system
- socioeconomic and sociocultural issues
- assistive mobility devices

**E-1-3 Demonstrate knowledge and ability to provide patient teaching to support independent use of mobilization devices:**

- crutches, cane, walker
- wheelchair, lift and transfer device
- motorized scooter or wheelchair

Major Competency  
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Competency  
**E-2: Nutrition and Hydration**

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 prepare and administer parenteral nutrition. (See Standards of Practice #18, section Z of this document).**

**E-2-7 Demonstrate knowledge and ability 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)

**LPN Profession Regulation:** *section 16 (1) A regulated member who has completed advanced training approved by the Registrar and has been specially authorized to do so by the Registrar on the basis of that train may, in the practice of licensed practical nursing, perform the following restricted activities in accordance with the standards of practice:*  
*(c) administering parenteral nutrition.*

Major Competency  
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Competency  
**E-3: Elimination**

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)
  - nephrostomy
  - reinserting established suprapubic catheter
  - residual urine
  - retraining
  - urethrostomy
  - vaginal pessary (insert and remove)
  - appropriate management of prolapse
  - bladder scan (see Standards of Practice #9, section Z of this document).
- bowel
  - digital stimulation
  - enema and suppositories
  - fecal disimpaction
  - ostomy care and irrigation
  - rectal tubes
  - 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.

Major Competency  
**E: Nursing Practice**

Competency  
**E-4: Wound Care**

Competency Statement - A Licensed Practical Nurse will:

- E-4-1 Demonstrate knowledge and ability to identify patient risk for recurrence or exacerbation of skin breakdown.**
- E-4-2 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-4-3 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-4-4 Demonstrate knowledge of the purpose of wound debridement.**
- E-4-5 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

Major Competency  
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Competency  
**E-4: Wound Care**

Competency Statement - A Licensed Practical Nurse will:

**E-4-6 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-4-7 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
- doppler application and interpretation (see Standards of Practice #9, section Z of this document).
- compression therapy
- co-morbidities
- pain (type, location, duration)
- current medications
- family history

**E-4-8 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-4-9 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

Major Competency  
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Competency  
**E-4: Wound Care**

Competency Statement - A Licensed Practical Nurse will:

**E-4-10 Demonstrate knowledge and ability to perform wound debridement for the removal of loose avascular tissue above the dermis.**

**E-4-11 Demonstrate knowledge and ability to identify patient risk for recurrence or exacerbation of skin breakdown and develop appropriate prevention strategies.**

**E-4-12 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-4-13 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-4-14 Demonstrate knowledge and ability to communicate, consult, and collaborate with inter-professional team.**

Major Competency  
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Competency  
**E-5: Basic Foot Care**

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.**



Major Competency  
**E: Nursing Practice**

Competency  
**E-6: Advanced Practice Foot Care**

Competency Statement - A Licensed Practical Nurse will:

**Note:** Licensed Practical Nurses in Alberta must successfully complete Council approved education and have advanced authorization by the CLPNA Registrar to practice in the area of Advanced Practice Foot Care. (See Standards of Practice #20, section Z of this document).

**E-6-1 Demonstrate knowledge and understanding of the foot care restricted activity in the Health Professions Act's Licensed Practical Nurses (LPN) Profession Regulation.**

**LPN Profession Regulation:** *section 16(2) A regulated member who has completed advanced training approved by the Council and has been specifically authorized to do so by the Registrar on the basis of that training may, in the practice of licensed practical nursing and in accordance with the standards of practice, perform the restricted activity of cutting a body tissue, administering anything by an invasive procedure on body tissue or performing surgical or other invasive procedures on body tissue below the dermis for the purposes of performing the following activities:*  
(a) *removing a corn or callus as part of the provision of foot care;*

**E-6-2 Demonstrate knowledge and ability to adhere to CLPNA self-employed practice guidelines when establishing an advanced practice foot care business.**

**E-6-3 Demonstrate knowledge and ability to manage information according to the following principles:**

- accurate record of services provided
- confidentiality of patient information
- documentation of patient consent and/or signed business contract
- expected and actual outcomes of nursing services
- secure storage, retention, and authorized release of patient information
- policies and procedures of self-employed practice as necessary

**E-6-4 Demonstrate knowledge of anatomy, physiology, pathophysiology, and biomechanics of lower limbs and feet.**

**E-6-5 Demonstrate knowledge and ability to provide invasive and non-invasive foot care:**

- gait assessment
- principles and application of padding and strapping techniques
- contraindications of padding
- removal of tissue, corns, and callus
- operation of manual and electronic tools and devices

**E-6-6 Demonstrate knowledge and ability to recognize, monitor, and manage common disorders of the lower limb and foot:**

- abnormal nails (clubbing, spooning, involuted and ingrown)
- athlete's foot, warts, and fungus
- bunions
- hammer, claw, and mallet toes

Major Competency  
**E: Nursing Practice**

Competency  
**E-6: Advanced Practice Foot Care**

Competency Statement - A Licensed Practical Nurse will:

**E-6-7 Demonstrate knowledge and ability to monitor and manage pain associated with advanced practice foot care.**

**E-6-8 Demonstrate knowledge and ability to implement principles of wound management in advanced practice foot care.**

**E-6-8 Demonstrate knowledge and ability to initiate referrals as necessary.**

**E-6-9 Demonstrate knowledge and ability to apply infection prevention and control standards in providing advanced practice foot care:**

- cleaning, disinfecting, and sterilization of multi-use equipment
- single-use equipment
- hand hygiene
- personal protective equipment
- workplace hazardous materials information system

**E-6-10 Demonstrate knowledge and ability to adhere to the highest quality of nursing care and professional behaviour in self-employed practice as required by legislation, regulation, and guidelines when establishing an advanced practice foot care business.**

Major Competency  
**E: Nursing Practice**

Competency  
**E-7: Phlebotomy**

Competency Statement - A Licensed Practical Nurse will:

- E-7-1 Demonstrate knowledge of anatomy and physiology related to phlebotomy.**
- E-7-2 Demonstrate knowledge and ability to perform phlebotomy and manage blood samples according to employer requirements.**
- E-7-3 Demonstrate knowledge and ability to communicate and collaborate with inter-professional team.**
- E-7-4 Demonstrate knowledge and ability to perform therapeutic phlebotomy for conditions such as:**
  - hemochromatosis
  - sickle-cell disease
  - polycythemia

Major Competency  
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Competency  
**E-8: Complementary and Alternative Therapies**

Competency Statement - A Licensed Practical Nurse will:

- E-8-1 Demonstrate knowledge of differences between conventional medicine and complementary and alternative therapies.**
- E-8-2 Demonstrate knowledge of common complementary and alternative therapies:**
- bio-field energy (Reiki, electro-magnetic, 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-8-3 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-8-4 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 or response
- E-8-5 Demonstrate knowledge and ability to respect and support patient's decision to supplement or replace conventional care with complementary or alternative therapy.**

Major Competency  
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Competency  
**E-9: Ear Syringing**

Competency Statement - A Licensed Practical Nurse will:

- E-9-1 Demonstrate knowledge of the anatomy of the ear.**
- E-9-2 Demonstrate knowledge of the purpose of ear syringing.**
- E-9-3 Demonstrate knowledge and ability to perform ear syringing for the purpose of removing cerumen (see Standard of Practice #12, section Z of this document).**

**LPN Profession Regulation:**     *section 14 A regulated member may in the practice of licensed practical nursing, perform the following restricted activities in accordance with the standards of practice:*

- (a) if an authorized practitioner is on site and available to provide assistance*
- (i) where it is specifically authorized by an authorized by an authorized practitioner, inserting liquid, under pressure, into the ear canal, for the purpose of removing wax from ears.*

Major Competency  
**E: Nursing Practice**

Competency  
**E-10: Rehabilitation and Restorative Care**

Competency Statement - A Licensed Practical Nurse will:

**E-10-1 Demonstrate knowledge of the concepts of rehabilitative and restorative care focused on maximizing optimal level of function:**

- physiological
- psychological
- psychosocial

**E-10-2 Demonstrate knowledge and ability to facilitate a positive rehabilitative environment and support addressing barriers to recovery:**

- |   |                                     |
|---|-------------------------------------|
| • alignment of treatment modalities         | • change in abilities               |
| • identify coping mechanisms                | • communication techniques          |
| • managing care goals and recovery outcomes | • functional independence           |
| • activities of daily living                | • nutritional needs                 |
| • adaptive and environmental aids           | • cultural and spiritual influences |
|   | • self confidence                   |

**E-10-3 Demonstrate knowledge and ability to support patient's self-management of episodic and chronic pain.**

Major Competency  
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Competency  
**E-11: Post-Mortem Care**

Competency Statement - A Licensed Practical Nurse will:

**E-11-1 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-11-2 Demonstrate knowledge and ability to care for the body adhering to employer requirements in relation to expected and unexpected death.**

**E-11-3 Demonstrate knowledge and ability to manage the deceased person's valuables appropriately.**

**E-11-4 Demonstrate knowledge and ability to notify funeral home, prepare documents, and arrange transfer of body.**

**E-11-5 Demonstrate knowledge and ability to assist in post-mortem examination and sample procurement.**