

C: Nursing Knowledge

Major Competency Area: **C**
Nursing Knowledge

Competency: **C-1**
Anatomy and Physiology

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-1-1 Identify the structures and functions of the body.**
- C-1-2 Describe the anatomical organization of the body.**
- C-1-3 Describe the cellular chemistry and organization of the body.**
- C-1-4 Describe cellular functions: protein synthesis, cell division and movement of substances across the cell membrane.**
- C-1-5 Explain how cells are organized into tissue, organs and systems of the body.**
- C-1-6 Identify the structure and explain the function of body systems:**
- cardiovascular system
 - circulatory system
 - digestive system
 - endocrine system
 - genitourinary system
 - immune system
 - integumentary system
 - lymphatic system
 - musculoskeletal system
 - nervous system and special senses
 - reproductive system
 - respiratory system
- C-1-7 Identify the components of blood and blood products.**
- C-1-8 Describe the major body processes of:**
- homeostasis
 - metabolism
 - reproduction

Major Competency Area: **C**
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Competency: **C-2**

Microbiology

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-2-1 Explain characteristics of micro-organisms and their role in the transmission of disease.**
- C-2-2 Describe and differentiate pathogens and non-pathogens.**
- C-2-3 Describe and differentiate bacteria, viruses and fungi.**
- C-2-4 Describe the normal micro-organisms within the human body.**
- C-2-5 Describe conditions for growth and transferability of micro-organisms.**
- C-2-6 Explain the concept of asepsis.**
- C-2-7 Explain the principles of disease prevention and health promotion.**
- C-2-8 Describe the concept of infection prevention and control.**
- C-2-9 Explain the relationship between microbiology as it relates to pharmacology.**

Major Competency Area: **C**
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Competency: **C-3**

Pathophysiology

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-3-1 Define pathophysiology as the science of physiological and psychological disease processes within the human body.**
- C-3-2 Identify and describe pathophysiological processes including:**
- acute conditions/disorders
 - chronic conditions/disorders
 - complications
 - etiology (cause of disease)
 - manifestations (signs and symptoms)
 - pathophysiology (disease process)
- C-3-3 Identify the etiology, pathophysiology and complications of common health problems for all body systems.**
- C-3-4 Describe body responses to disease including:**
- carcinogenesis
 - cellular/tissue/organ/system level
 - genetic
 - immunity/autoimmunity
 - inflammation
 - psychological
 - stress
- C-3-5 Describe the processes of inflammation, infection and healing.**
- C-3-6 Explain types of trauma such as:**
- addictions
 - burns
 - fractures
 - hemorrhage
 - mental health

Competency: **C-3**

Pathophysiology

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A Licensed Practical Nurse will:

C-3-6 Explain types of trauma such as: (cont'd)

- multisystem failure
- neurological
- psychological
- shock
- surgical

C-3-7 Explain common medical management in relation to pharmacology, surgery, anesthesia and treatments.

C-3-8 Describe diagnostic tests commonly used in healthcare.

Major Competency Area: **C**
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Competency: **C-4**
Medical Terminology

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-4-1 Identify meanings of common prefixes, suffixes and root words used in reporting and documenting.**
- C-4-2 Identify employer approved abbreviations.**
- C-4-3 Use appropriate medical terminology in reporting and documentation.**
- C-4-4 Apply agency policy regarding use of abbreviations and medical terminology.**

Major Competency Area: **C**
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Competency: **C-5**
Growth and Development

Date: June 1, 2015

A Licensed Practical Nurse will:

- C-5-1 Explain theories of human growth and development across the life span.**
- C-5-2 Describe the stages of growth and development across the life span.**
- C-5-3 Describe significant physical, psychological, social, cognitive, moral, spiritual and cultural developments across the life span.**
- C-5-4 Describe how factors of environment, genetics, culture, lifestyle, religion and maturation influence growth and development.**
- C-5-5 Describe the process of learning across the life span.**
- C-5-6 Describe the stages of death, dying, grief and the grieving process.**

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Competency: **C-6**

Nutrition

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-6-1 Describe the importance of nutrition to health and recovery.**
- C-6-2 Identify the functions, major sources and daily requirements for common nutrients including:**
- carbohydrate
 - fat
 - fiber
 - minerals
 - protein
 - vitamins
- C-6-3 Identify Canada's Food Guide and/or special dietary requirements for healthy and chronic conditions across the life span.**
- C-6-4 Identify factors that affect nutrition and hydration.**
- C-6-5 Identify indicators of adequate and inadequate nutrition and hydration.**
- C-6-6 Describe methods to assess nutrition and hydration status including:**
- body mass index
 - diet history
 - food allergies
 - general appearance
 - height and weight
 - intake/output
 - lab values
 - perception of body image
 - skin turgor
 - socio-economic challenges
 - swallowing
 - waist circumference
- C-6-7 Describe the purpose and elements of therapeutic diets/ dietary restrictions.**
- C-6-8 Identify when to consult with a dietician/nutritionist.**

Major Competency Area: **C**
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Competency: **C-7**

Pharmacology

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-7-1 Define pharmacology.**
- C-7-2 Describe the process of pharmacokinetics and pharmacodynamics across the life span.**
- C-7-3 Identify classifications, generic and trade names of drugs and appropriate pharmacological resources.**
- C-7-4 Describe the principles of pharmacology management including:**
- assessment
 - controlled substances
 - documentation
 - policy and procedures
 - safe handling (storage, transport, disposal)
 - the rights
- C-7-5 Identify the common routes of medication administration.**
- C-7-6 Recognize high/low/expected lab values related to pharmacology.**
- C-7-7 Describe effects of drugs including:**
- adverse reaction
 - allergic reaction
 - body system impact
 - drug interactions
 - side effects
 - synergistic effects (additive and antagonistic).
 - therapeutic effects
- C-7-8 Describe the signs, symptoms and treatment of anaphylaxis.**

Competency: **C-7**

Pharmacology

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A Licensed Practical Nurse will:

- C-7-9 Identify common systems of measurement in medication administration.**
- C-7-10 Identify formulas to calculate medication dosages.**
- C-7-11 Differentiate between intentional and unintentional drug use and dependence.**
- C-7-12 Differentiate between physiological and psychological dependence.**
- C-7-13 Identify common drug/medication legislation and standards.**
- C-7-14 Identify roles and responsibilities of inter-professional team related to pharmacology.**

Major Competency Area: **C**
Nursing Knowledge

Competency: **C-8**
Social Science and Humanities

Date: January 16, 2017

A Licensed Practical Nurse will:

C-8-1 Describe fundamentals of nursing knowledge that encompass human caring related to arts, science and humanitarianism including:

- experiences
- phenomena
- processes

C-8-2 Understand foundations of English language and literacy:

- comprehension
- content
- grammar
- mechanics
- organization
- rhetorical analysis
- writing skill and style

C-8-3 Identify effective communication strategies to engage with individuals, groups and communities:

- interpersonal
- professional
- therapeutic

C-8-4 Identify foundational concepts of personal health and wellness related to individuals, groups and communities including:

- addictions
- communicable disease control
- immunization
- mental health/stress management
- neglect/abuse
- nutrition/physical activity
- population health
- prevention/wellness
- sexual activity/family planning
- violence

A Licensed Practical Nurse will:

- C-8-5 Describe foundations of health and wellness of self and others across the lifespan:**
- environmental
 - psychological
 - physical
 - social
 - spiritual
- C-8-6 Describe determinants of health and impact on individual health and wellness.**
- C-8-7 Understand foundations of psychology in relation to human behavior and development across the lifespan including:**
- behavior
 - cognition and intelligence
 - conditioning and learning
 - emotion and motivation
 - memory
 - perception
 - sensation
 - states of consciousness
 - stress and health
 - psychological health and illness
- C-8-8 Understand the concept of advocacy through promotion of wellness behavior and practices for:**
- individuals
 - groups
 - communities
- C-8-9 Demonstrate knowledge of foundations of sociology related to social behavior and relationships across the lifespan:**
- social
 - biological
 - emotional
 - political

A Licensed Practical Nurse will:

- C-8-9 Demonstrate knowledge of foundations of sociology related to social behavior and relationships across the lifespan: (cont'd)**
- cultural
 - cognitive
 - spiritual
- C-8-10 Demonstrate knowledge and ability to apply foundations of sociology to ethical nursing practice.**

Major Competency Area: **C**
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Competency: **C-9**
Best Practices and Research

Date: January 16, 2017

A Licensed Practical Nurse will:

- C-9-1 Demonstrate knowledge and ability to apply critical thinking and critical inquiry in validation and application of research:**
- applicability
 - consistency of data
 - ethical, political, professional issues
 - identifiable bias
 - method and sources
 - relevance
 - trustworthiness
- C-9-2 Demonstrate knowledge and ability to implement best practices and research into evidence informed practice.**
- C-9-3 Demonstrate knowledge and ability to participate in the involvement of clients, families and inter-professional team in formalized research.**
- C-9-4 Demonstrate ability to collaborate with research team to plan, conduct and evaluate nursing research.**