

## **MENTAL AND PHYSICAL ABILITIES STATEMENT**

Certain mental and physical abilities are required of to successfully meet the objectives of the ARNEC program. The student must be able to:

1. Work in a standing position and walk for extended periods of time.
2. Lift and transfer patients up to 6 inches from a bending position; push/ pull/pivot weight up to 3 feet.
3. Lift and transfer patients to accomplish bed-to-chair and chair-to-bed transfers.
4. Apply up to 10 pounds of pressure to bleeding sites and in perform CPR.
5. Respond and react immediately to auditory instruction.
6. Request, and/or monitor equipment
7. Perform auscultation without auditory impairment.
8. Complete up to nine hours in a clinical laboratory setting.
9. Perform close and distant visual activities which may include but not limited to people, paperwork, objects, depth and color perception.
10. Discriminate between sharp/dull and hot/cold when using hands.
11. Accurately calculate dosages for medication preparation/administration.
12. Communicate effectively, both orally and in writing, using appropriate grammar and vocabulary.
13. React appropriately and professionally under stressful situations.
14. Be able to think critically and use therapeutic nursing judgment; be able to apply theoretical nursing concepts in the clinical setting (i.e., safety, disease processes, medication administration, and client management).

**I have read the mental and physical abilities statement and believe that I can successfully complete these tasks during my enrollment in the ARNEC program.**