

University of San Francisco, School of Nursing  
**Psychomotor Skills Inventory (PSI)**

- Psycho-motor skills demonstrated by students to faculty and/or staff prior to completion of pre-licensure nursing curricula.
- Validation indicates beginning ability, not competence. Skills are introduced in a given semester, however students continue to develop and apply skills throughout the curricula. Age-appropriate reinforcement of skills indicated by /\* in level box.
- Note: some cognitive skills included d/t high risk/complex content taught in "course" and validated either in course or in clinical settings.
- In performance validation columns, multiple dots indicate options for validation (whomever has first opportunity to validate skill). Clinical agency RNs may validate **ONLY** with pre-approval of clinical faculty and **ONLY** if that option is indicated by a dot in the performance validation column.

Psychomotor Skill	Level Introduced		Pre-Requisite Self-Study		Demo & Practice				Performance Validation				
	BSN	CNL	Module	Media	Media	SIM	LRC	Clinic	Simulation			Patient	
									Clinical Faculty	LRC TA	LRC RN	Clinical Faculty	Clinical RN
Application heat and cold (indications, moist/dry, precautions, protocols)	S1	1			•		•						
Asepsis (clean vs. sterile; clean gloving single use)	S2	1					•	•					
Bed making (unoccupied, occupied)	S2	1					•	•					
Bedpan placement (full pan, fracture pan)	S2	1					•	•					
Bladder irrigation (urinary, sterile, manual, OPEN)	J1	3		•	•		•	•		•		•	•
Bladder irrigation (urinary CLOSED continuous)	J1	3	Course	•	•		•	•					
Blood draw (peripheral vacutainer or syringe methods)	J1	3	Course	•	•		•				•	•	
Blood glucose monitoring: specimen collection; glucometer operation	S2	3		•	•			•				•	•
Blood products administration (RBC, WBC, platelets, plasma)	J1	3	•	•	•		•	•					
Body alignment & positioning: Fowler's, prone, supine, hemiplegic, Sim's, rescue, lateral, log roll, modified Trendelenburg, reverse Trendelenburg	S2	1		•	•		•	•					
Body mechanics (patient safe handling): safe positioning bed; transfer chair, gurney; ambulation	S1	1	•	•	•		•	•					
Cardiac monitor & AED: application & operation (see also electrodes)	S1/*J2	1/*4	BLS	•	•				BLS				
Central venous catheter blood draw	J1	3		•	•		•	•			•	•	
Central venous catheter irrigation with SASH method	J1	3		•	•		•	•			•	•	
Central venous catheter/PICC site care (sterile dressing change)	J1/*J2	3/*4		•	•	•	•	•			•	•	
Chest tube (See: pleural chest tube)													
Circumcision care	J2	2					•						•
Condom catheter: indications, application, assessments, removal	S2	1		•	•		•	•					
Diapering (adult incontinence management)	S2	1					•	•					
Documentation: Admission assessment	S2/*J2	1/*4	•			•		•	•			•	•
Documentation: Care Planning (nursing process)	S1/*J2	1/*4	•					•	•			•	•
Documentation: Discharge (patient education, assessment)	S2	1	•					•	•			•	•
Documentation: Electronic Health Care Records	S2	1	•	•	•			•	•			•	•

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Documentation: Evaluative statements (end of shift summaries)	S2	1	•					•	•			•	•
Documentation: Objective (flowsheets, graphics)	S2	1	•					•	•			•	•
Doppler peripheral pulse assessment	S2	1		•			•	•					
Drains (surgical)	J1	3		•	•		•	•					
ECG recording (monitor strip and 12-lead)	J1*/J2	3/*4	Course		•	•		•					
Elastic bandage wrap (see first aid): indications, application, assessments	S1	1		•	•		•						
Electrode placement cardiac monitoring (5 lead, 12 lead)	J1*/J2	3/*4		•	•								
Enema (cleansing, Fleets)	S2	3			•			•					
Falls: risk assessment, protocols, documentation, follow up actual fall	S2	1	Clinical				•	•	•				
Feeding Adult (oral assistance, swallow safety check)	S2	1						•	•				
Feeding Child/Infant (oral assistance, swallow safety check)	J2	4					•	•	•				
Fetal heart tones (combined with Leopold's Maneuvers-Fetal Lie)	J2	2					•		•				
First aid (airway, choking, bleeding, elastic wrap, positioning, shock)	S1	1		•				•					
Gastrostomy tube & site care (adult)	S2	4		•	•			•	•				
Gastrostomy tube & site care (pediatrics)	J2	4		•	•			•	•				
Hand Hygiene	S1	1		•	•			•	•	•			
Heel stick Infant (blood glucose, bilirubin, PKU)	J2	2							•				
HIPAA & confidentiality standards (via Student Portal on Blackboard)	S1	1	•	•									
Hygiene: oral (dentures)	S2	1						•	•				
Hygiene: body (bathing, perineal care w & w/o Foley)	S2	1						•	•				
Incentive spirometry	S2*/J2	1/4		•	•	•	•	•					
Incontinence care: hygiene, bed pan selection/placement, urinal, diapering)	S2	1			•			•	•				
Insulin management: administration rationale & safety (blood glucose & patient assessments, dose decisions)	S2*/J2	3/*4						•	•	•		•	
Insulin management: dose prep single insulin	S2*/J2	3/*4						•	•	•	•	•	•
Insulin management: dose prep mixing insulin types	S2*/J2	3/*4						•	•	•	•	•	•
Intake & Output (oral, emesis, urine, stool, ostomy, surgical drains)	S2*/J2	1/*4						•	•				
Intravenous "bundle": (perform each in sequence at same time) 1 <sup>st</sup> perform tubing management; 2 <sup>nd</sup> IVPB med; 3 <sup>rd</sup> pumps & solutions	J1*/J2	3/*4											
Intravenous tubing management (prime, bag spike)	J1*/J2	3/*4			•			•	•		•	•	•
Intravenous tubing management (blood tubing setup)	J1*/J2	3/*4			•			•	•		•	•	•
Intravenous infusion pumps & solutions management	J1*/J2	3/*4			•			•	•			•	•
Intravenous catheter saline lock irrigation (flush)	J1*/J2	3/*4						•	•			•	•
Intravenous catheter: site assessment, infiltration response	S2*/J2	3/*4						•					
Intravenous catheter start (ONC)	J1	4		•	•	•	•	•			•	•	

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Intravenous catheter: peripheral IV to saline lock conversion	J1/*J2	4/*4					•	•				•	•
Intravenous catheter removal (ONC)	J1/*J2	3/*4					•	•				•	•
Isolation: (See Standard Precautions)													
Laboring mother positioning	J2	2					•			•			
Leopold's Maneuvers (Fetal Lie) [combined with fetal heart tones]	J2	2					•			•			
Math calculations meds/IV (all levels, content per scope practice, mastery 10-item tests); Oral tab, liquid; IM/IV inject; IVPB, IV infusions	All	All	•	•	•			•	•			•	
Medication administration: ear (otic)	S2	3					•	•	•			•	•
Medication administration: eye (ophthalmic)	S2/*J2	3/*4					•	•	•			•	•
Med administration: IM (vastus lateralis, ventrogluteal, deltoid)	S2	3		•	•		•	•	•	•	•	•	•
Medication administration: Infant/child (IM & eye prophylaxis)	J2	2/*4					•	•	•		•		
Med administration: Injectable meds preparation (IM, SC, Intradermal)	S2	3		•	•		•	•	•	•	•	•	•
Medication administration: epidural observations site/pump settings	J1	2					•		•				
Medication administration: intradermal (skin test application)	S2	3		•	•		•	•	•	•	•	•	•
Medication administration: IVPB (intermittent infusions)	J1	3		•	•		•	•	•	•	•	•	•
Medication administration: pediatric IV med via volutrol	J2	4					•		•				
Medication administration: pediatric medications	J2	4					•		•				
Medication administration: IV Push (bolus)	J1/*J2	3/*4					•	•	•	•		•	•
Medication administration: NGT/GT	J1/*J2	3/*4		•	•		•	•	•	•	•	•	•
Medication administration: nasal	S2	3					•	•	•			•	•
Medication administration: oral/sublingual	S2/*J2	2/*4					•	•	•			•	•
Medication administration: metered dose inhalers	S2/*J2	3/*4		•	•		•	•	•			•	•
Medication administration: PCA	J1/*J2	3/*4		•	•		•	•					
Medication administration: nebulizer (ultrasonic mist)	S2/*J2	3/*4		•	•		•	•	•			•	•
Medication administration: rectal suppository	S2	2					•	•	•			•	•
Medication administration: subcutaneous (abdomen, thigh, upper arm)	S2/*J2	3/*4		•	•		•	•	•	•	•	•	•
Medication administration: topical/transdermal	S2	2					•	•					
Mental status exam (mini mental status)	S1	1	Course								•		•
Mental status exam (advanced w/ psychosocial)	Sr1	5	Course										
Mobility assistive devices: braces/splints, cane, walker, crutches, W/C, lifts)	S2/*J2	1/*4		•	•		•	•					
Newborn admit bath, diapering, cord care	J2	2		•	•		•			•			
Newborn physical assessment	J2	2					•		•				
NGT insertion & removal: sump tube	J1/*J2	3/*4		•	•		•	•		•	•	•	•
NGT insertion & removal: small-bore weighted feeding tube	J1	3		•	•		•	•		•	•	•	•
Orthopedics: cast care, assessments, positioning	J1/*J2	3/*4			•		•	•					

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Orthopedics: postoperative hip protocols (positioning, abductor pillow)	S2/*J2	3/*4			•		•	•					
Orthopedics: postoperative knee protocols (positioning, drains)	S2	3			•		•	•					
Orthopedics: traction equipment set up & maintenance	J1/*J2	3/*4			•		•	•					
Orthopedics: skeletal/cervical traction pin site assessments, care	J1	3			•		•	•					
Ostomy care (stoma/skin assessments; application/removal, drainage)	S2/*J2	3/*4			•		•	•					
Oxygen therapy (delivery devices, safety, portable tanks)	S2/*J2	1/*4			•	•	•	•					
Pain management: assessment, protocols, documentation	S1/*J2	1/*4	Course			•		•					
Personal protective equipment (gloves, face/eye shield, mask, gown, head cover, sharps disposal)	S1/S2	1	•	•	•		•	•					
Physical assessment Adult (head to toe body systems)	S2	1	Course										
Physical assessment Infant (head to toe body systems)	J2	1	Course										
Physical assessment Child (head to toe body systems)	J2	4	Course						•				
Pleural chest tube insertion / removal (assist physician)	J1	4			•								
Pleural chest drainage system (set-up & maintenance)	J1	4		•	•		•	•		•	•	•	•
Pleural chest tube: patient assessment, site care	J1/*J2	4		•	•	•	•	•					
Postoperative patient care bundle: High-alert VS, wound/drain assessment, hydration, TCDB&M, ICS, SCDs, GCSs, pain assessment)	J1	3	Course	•	•								
Postpartum mother: assessment	J2	2					•		•				
Postpartum mother: perineal care	J2	2					•		•				
Pressure ulcer management: risk assessment, protocols, documentation)	S2	1	Course	•	•			•					
Psychosocial assessment	S1	1	Course										
Pulse oximetry (probe application, validation, trouble shooting)	S2/*J2	1/*4			•		•	•					
Saline lock flush (see: Intravenous catheter saline lock irrigation flush)													
Restraints (wrist/vest): indications/protocols, application/removal, doc	S2	1	•	•	•		•	•	•			•	
Sequential compression stockings (measuring & application, knee/thigh-high)	S2	1		•	•		•	•					
Sequential compression devices (pneumatic SCDs)	S2	1		•	•			•					
Shaving: male face safety razor	S2	1			•		•	•					
Specimen collection: Adult midstream urine	S2	1			•		•	•					
Specimen collection: Child midstream urine via UBAG	J2	4			•		•	•					
Specimen collection: nose/throat	S2	1			•		•	•					
Specimen collection: occult blood gastric secretions	S2	1			•		•	•					
Specimen collection: sputum	S2	1			•		•	•					
Specimen collection: sterile urine indwelling catheter	S2/*J2	1/*4			•	•	•	•					
Specimen collection: timed urine specimen	S2	1			•		•	•					
Specimen collection: vaginal/urethral	S2	1			•		•	•					

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									Clinical Faculty	LRC TA	LRC RN	Clinical Faculty	Clinical RN
Specimen collection: wound drainage	S2	1			•		•	•					
Standard precautions & isolation guidelines (per CDC); online module	S1	1	•	•	•		•	•					
Sterile field creation: (see Foley, CVC dressing, or wound packing)													
Sterile glove application	S2	2		•	•		•	•	•	•	•	•	•
Suctioning: oropharyngeal	S2	1		•	•		•	•					
Suctioning: nasotracheal	J1	4		•	•		•	•	•		•	•	•
Suctioning: tracheostomy	J1	4		•	•		•	•	•	•	•	•	•
Suture / staple removal	J1	4		•	•			•					
Total parenteral nutrition (TPN, PPN, lipids); Rx, solutions, pumps, labs	J1/*J2	3/*4	Course										
Tracheostomy "bundle": (perform each in sequence at same time) 1 <sup>st</sup> perform suctioning trach; 2 <sup>nd</sup> inner cannula care; 3 <sup>rd</sup> peristomal care	J1/*J2	3/*4											
Tracheostomy: cleansing/changing inner cannula	J1/*J2	4		•	•		•	•	•	•	•	•	•
Tracheostomy: peristomal site care	J1/*J2	4		•	•		•	•	•	•	•	•	•
Tube feeding: nasoenteric & GT (adult continuous & intermittent): assessments, administration, residuals, tolerance, safety	J1/*J2	3/*4		•	•		•	•	•	•	•	•	•
Tube feeding: pediatric gavage: assessments, administration, residuals, tolerance, safety	J2	4							•				
Universal precautions (see standard precautions)													
Urinary cath insertion & removal: Foley female	S2/*J2	2/*4		•	•	•	•	•		•	•	•	•
Urinary cath insertion & removal: Foley male	S2/*J2	2/*4		•	•	•	•	•		•	•	•	•
Vital signs: BP (auscultate, palpate, orthostatic)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: heart rate (radial, apical auscultate)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: respiratory (rate, rhythm, effort, depth)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: temperature (oral electronic)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: temperature (rectal electronic)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: temperature (tympanic electronic)	S1/*J2	1/*4		•	•	•	•	•	•	•		•	•
Vital signs: weight (bedscale, standing scale)	S2/*J2	1/*4			•		•	•					
Wound dressings: barrier dressings (hydrocolloid, transparent membrane)	S2	3		•	•		•	•		•	•	•	•
Wound dressings: dry protective (primary surgical)	J1	3					•	•					
Wound care "bundle": (perform each in sequence at same time) 1 <sup>st</sup> perform wound irrigation; 2 <sup>nd</sup> moist-to-moist packing	J1	3											
Wound irrigation (pressure & lavage methods)	J1	3		•	•		•	•		•	•	•	•
Wound dressings: moist-to-moist packing primary layer, dry secondary layer	J1	3		•	•		•	•		•	•	•	•

## Notes

**S1**, 1<sup>st</sup> semester sophomore

**S2**, 2<sup>nd</sup> semester sophomore

**BLS**, Basic Life Support

**“Course”** in the "pre-requisite self-study" column refers to content taught in the theory course

The level the skill is first introduced is indicated by the semester abbreviation (e.g., S1). When there is a slash mark, followed by an asterisk and the semester designation, it means "age-appropriate" specifics are reinforced in that semester for a given skill (e.g., tube feeding first introduced in J1 and in next semester J2, the pediatric aspects of tube feeding are introduced, so J1/\*J2).

In the CNL column (clinical nurse leader/MSN program) numbers are used because students attend year-round; 1 is first semester, 2 for second semester, etc., for the 4 semesters in the pre-licensure portion of the entry-MSN program.