

General Description of Frequency of Common Nursing Activities

The role of the Registered Nurse is physically and psychologically demanding. The following list is an approximation of the frequency of some of the typical daily demands made on nursing students in the clinical arena.

PHYSICAL DEMANDS	Approximate frequency
– Standing	Frequently
– Walking	Frequently
– Sitting	Occasionally
– Lifting	Frequently
– Carrying	Occasionally
– Pushing	Frequently
– Pulling	Frequently
– Pushing with Assistance	Frequently
– Climbing	Occasionally
– Stooping	Frequently
– Balancing and Kneeling	Occasionally
SENSORY DEMANDS	
Sight Requirements	
– Acuity, Near and Far	Constantly
– Depth Perception	Constantly
– Color Vision	Frequently
– Field of Vision	Constantly
Hearing Requirements	
– Ordinary Conversation	Constantly
– Other Sounds	Frequently
COGNITIVE DEMANDS and DISCIPLINE	
– Reading	Frequently
– Reasoning and Problem Solving	Constantly
– Organization	Constantly
– Math	Frequently
– English Language	Constantly
– Detailed Work	Constantly
– Multiple Concurrent Tasks and Interruptions	Constantly
– Stress	Constantly
– Confidentiality	Constantly
– Training classes	Frequently
POTENTIAL ENVIRONMENTAL EXPOSURES	
– Exposure to radiation and chemicals	Occasionally
– Exposure to blood/body fluids, infectious agents, and airborne pathogens	Frequently

– Exposure to needle/syringes and waste handling	Frequently
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Description of Terms:

- Occasionally (activity or condition exists up to 1/3 of the time)
- Frequently (activity or condition exists from 1/3 to 2/3 of the time)
- Constantly (activity or condition exists 2/3 or more of the time)

Adapted from:

Yocum, C. J. (1996). *A Validation Study: Functional Abilities Essential for Nursing Practice*. National Council of State Boards of Nursing, Inc.