



PHYSICAL REQUIREMENTS FOR NURSING AND ALLIED HEALTH PROGRAMS

In response to the Americans with Disabilities Act, a national survey of administrators of health care facilities, which employ nurses, validated a list of essential competencies a nurse must possess in order to function safely and effectively in a variety of clinical settings. Results indicate that relatively high numbers of activities were identified in each essential competency category by the health care agencies as being necessary for nursing practice.

These competencies include:

- ability to bend and stoop
- ability to reach carrying and moving equipment up to 50 pounds
- reaching and/or lifting
- free from communicable diseases

Other essential competencies identified for nursing/allied health care include MD clearance should address:

- vision that allows detecting physical changes
- hearing that allows responding to physical and verbal cues
- a sense of touch that allows for assessment and palpation

Adaptations most frequently reported as being used by nursing staff were hearing aids, adaptive phones, and calculators.

*The Vocational Nursing Institute Inc. requires all students must submit medical clearance from the physician stating the student can meet the job duties for the program the student is applying to and in order to be accepted into that program. The School Catalog has detailed information on immunizations, physicals, and other requirements (See current School Catalog for enrollment period/cohort you are enrolling in).