

**UNIVERSITY OF COLORADO DENVER**  
**COLLEGE OF NURSING**  
**TECHNICAL STANDARDS: PHYSICAL & SENSORY REQUIREMENTS**  
**MEDICAL CLEARANCE FORM**

The following technical standards adopted by the University of Colorado Denver College of Nursing, and included in the Student Handbook explain attributes necessary to complete the educational programs in nursing.

The College of Nursing requires that all students who are returning after an illness or injury submit a medical clearance indicating they are ready to physical and mentally meet the challenges and demands of a full patient care load in an acute care environment.

As the health care provider for a student currently enrolled in the College of Nursing, we are asking that you review the technical standards and indicate if the student is able to meet the standards in order to provide safe patient care.

*Please indicate your agreement with the statements by placing a mark in front of each standard below. If there are any standards with which you disagree, please indicate which one and include an explanation.*

## Physical and Sensory Demands

1. *The student must be able to perform the following activities as described:*

### Physical Capabilities

**Key:** N = Never  
 O = Occasional; 1 – 33% of time  
 F = Frequent; 34 – 75% of time  
 C = Constant; 76 – 100% of time

Activity		Frequency				Activity		Frequency				Activity		Frequency			
		N	O	F	C			N	O	F	C			N	O	F	C
<b>Lift/Carry</b>						<b>Push/Pull</b>						Walk				X	
10 lbs or less					X	15 lbs or less				X		Sit				X	
11-20 lbs					X	16-30 lbs			X			Stand				X	
21-50 lbs				X		31-50 lbs			X			Fine motor manipulations				X	
51-100 lbs			X			51-100 lbs			X			Gripping				X	
100+ lbs		X										Squat/Kneel				X	
												Bend				X	
<b>Drive</b>						<b>Computer</b>						Twist/Turn				X	
Manual		X				Data Entry			X			Crawl		X			
Automatic		X				Use of mouse			X			Climb			X		
												Reach above chest			X		
												Reach outward				X	

\_\_\_\_\_ The student is able to perform the physical capabilities as described in the table above.

### Sensory Capabilities

**Key:** N = Never  
O = Occasional; 1 – 33% of time  
F = Frequent; 34 – 75% of time  
C = Constant; 76 – 100% of time

Activity	Frequency			
	N	O	F	C
Able to see clearly at both near and far distances				X
Able to identify and distinguish colors			X	
Able to judge distances and spatial relationships			X	
Able to communicate verbally and in writing				X
Able to distinguish between sounds such as telephone vs. fire alarms, tone of voice, varied decibels				X
Able to perceive attributes of objects such as size, shape, temperature, texture through touch			X	

\_\_\_\_\_ **The student is able to perform the sensory capabilities as described in the above table.**

### Mental/Cognitive/Sensory Demands

*Please indicate your agreement with the statements by placing a mark in front of each standard below. If there are any standards with which you disagree, please indicate which one and include an explanation.*

***1. The student must be able to perform the following activities as described:***

- \_\_\_\_\_ understand and relate specific ideas, one at a time.
- \_\_\_\_\_ understand and relate specific ideas, several at a time.
- \_\_\_\_\_ understand and relate to concepts behind specific ideas
- \_\_\_\_\_ understand and relate to theories behind several related concepts.
- \_\_\_\_\_ remember task/assignment for a few hours during a shift.
- \_\_\_\_\_ remember task/assignment for a full shift.
- \_\_\_\_\_ remember multiple tasks/assignments for several days.
- \_\_\_\_\_ remember multiple tasks/assignments given to self and others during the course of the day.
- \_\_\_\_\_ remember multiple tasks/assignments given to self and others for a long period of time.

**2. *The student must be able to respond under stressful situations as described:***

\_\_\_\_\_ recognize and respond rapidly and safely to changes in a patient's status based on a variety of sources such as physical assessment and pertinent laboratory findings. The student must be able to revise care to promote appropriate patient outcomes.

\_\_\_\_\_ execute motor movements reasonably required in a prompt, timely fashion in order to provide routine and emergency care to patients.

Examples of emergency treatments required of student nurses to be done in a prompt, timely fashion include but are not limited to:

- cardiopulmonary resuscitation
- administration of intravenous medications
- application of pressure to stop bleeding
- obtainment & interpretation of vital signs
- opening of obstructed airways
- notification of a change in patient status to the appropriate provider

\_\_\_\_\_ demonstrate full utilization of his/her intellectual abilities, emotional stability, exercise good judgment under stressful, crisis and non-crisis situations and promptly complete all responsibilities pertinent to the diagnosis and care of clients in a variety of settings.

*I have read and understand the above technical standards and believe to the best of my knowledge I am physically and mentally able to return to the clinical setting.*

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Name (please print):** \_\_\_\_\_

*I have read and understand the above technical standards and believe to the best of my knowledge this student is physically and mentally able to return to the clinical setting.*

**Signature of Health Care Provider:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name of Health Care Provider (please print):** \_\_\_\_\_

**Return Form to appropriate academic program office at the College of Nursing. PLEASE DO NOT FAX THIS FORM TO THE COLLEGE OF NURSING.**