

SUMMARY

The usual work required in the District Nursing role involves attending between 12 - 16 client visits per day.

Critical job demands include:

- frequent sitting and climbing in and out of car;
- frequent bending to attend to client care in his or her own home;
- frequent squatting and lunging;
- requirement to lift a clients' limb and perform assisted transfers;
- frequent forward reach to assist client or to access equipment;
- occasional manoeuvring of a lifter, either alone or with another person;

All RDNS staff attend manual handling training annually using the Manutention technique and are able to access appropriate equipment (eg. Slippery Sam) if required.

VEHICLE ACTIVITIES

Ford Laser vehicle, 4 cylinder automatic with power steering, air conditioning and fully adjustable seat..

- Driving to and from client homes.
- Sitting in car reading road maps and casenotes.
- Accessing boot for stock and casenotes - most stock items are light (eg. dressings).
- Carrying items into homes (eg. stock and casenotes).
- Getting in and out of the vehicle.

WOUND CARE

Substantial amount of leg ulcers.

Risk factors include: client size and mobility, height and width of bed.

- Squatting, kneeling, bending and or reaching to attend treatments.
- Application of bandages frequently required.

ROUND MANAGEMENT

DOCUMENTATION / RECORD MAINTENANCE

Client's Homes

- Normally sitting – may stand, squat or kneel.
- Talking and completing documentation for at least 1 hour (assessment visit)
- May require sitting with forms on lap or working from a kitchen/coffee table or other domestic area.

Area Room/Office

- Writing, reading, telephone work

CARE CO-ORDINATION

- Area room office
 - ordering and collecting stock
 - scheduling visits
- In work vehicle
 - using mobile phone with hands free kit.

MEDICATION

Tasks may be performed standing.

DOSETTES

- Sitting at a table and filling a dosette, opening medicine bottles and completing paperwork.

INJECTIONS - IM/SC/IV/EPIDURAL*/SYRINGE DRIVER*/PORTACATH*

- Depending on site, some bending and forward reaching required.

*Registered Nurse only, not Enrolled Nurse activity

ACTIVITIES OF DAILY LIVING

HYGIENE

Varies considerably according to dependency of client.

- Holding shower hose, passing soap, assisting with care of back, lower legs, hair washing, assisting with dressing.
- Monitoring skin integrity and general condition.
- Standing transfer to shower chair.
- Push/pulling wheel chair, shower chair or lifting machine over diverse floor coverings.
- Removal of clothing, washing client (shower or bed sponge).
- Drying and dressing client.

BOWEL CARE

Risk factors include: client size and mobility, height and width of bed.

- Administering PR enema.
- May require kneeling beside commode chair and twisting upper body to insert enemata.
- Client transfer and transport to toilet may be required.

CATHETERISATION

Risk factors include: client size and mobility, height and width of bed.

- Bending over client with arm/shoulder movement.
- May require turning or transferring client, or holding limbs apart for extended periods.

STOMAL CARE

- Similar activities to wound care.

CHEST PHYSIO

Braced squat stance encouraged.

- Percussion to chest using both arms reaching forwards.

PRESSURE AREA CARE

Risk factors include: client size and mobility, height and width of bed.

- Turning and lifting client (may have assistance of carer or nurse).

APPLICANT STATEMENT

- I have read and understood the various skills, knowledge and physical requirements related to the position of District Nurse as outlined above.
- I have the skills, knowledge and physical capability to perform all tasks described.
- I do not have any pre-existing injury or medical condition that effects my ability to perform the described tasks safely.

Signature

Date: / /

Name (please print)