

Task: Medical/Personal Care		Role: Registered Nurse		Site: Hospitals/Aged Care Facilities	
Description: The following tasks are completed by registered nurses on a daily basis. The following are duties expected but not limited to for a registered nurse: <ul style="list-style-type: none"> - Room attendance/ make up/ cleaning - Personal care of patients - Preparation & management of medical services - Administration - Transfers/transportation/manual handling <p>An RN is a person with appropriate educational preparation and competence for practice, who is registered and licensed under the appropriate Nursing Act to practice nursing in Australia</p>				Overall Physical Demand Rating: Physical	
Shift Times: Shift times vary between 8 to 12 hour shifts depended on hospital departments No greater than 4 consecutive night shifts				PPE: Uniform and closed in shoes to be worn. Gloves/gown/masks to be used at time of dealing with hazard & biological substances	
Physical Environment: Even indoor flooring. Minimal noise levels. Satisfactory ventilation, artificial and natural lighting. Some stairs may feature in work area. Areas of practice may include: <ul style="list-style-type: none"> - Acute/Critical care - Palliative care - Aged home/facilities care & Community Health - Home care - General Medicine - Emergency Department - Intensive Care Unit - Midwifery - Cancer/oncology - Education/management/ policy & research - Mental health - Peri-operative - Rural and remote area - Workplace health and safety 			Client Base: Mixed for age, gender, concomitant illness or health issues, and abilities, ethnic or cultural background. Client needs / demands vary according to the individual medical and psychological needs. Education: RN's Require <ul style="list-style-type: none"> - Bachelor Degree in Health Science (Nursing) or - Bachelor Degree in Nursing 		
<p align="center">Physical Demands of Working Day (Percentage of actual time spent doing task)</p> R = Rare (0-5%) F = Frequent (34-66%) O = Occasional (6-33%) C = Constant (67-100%)				Task Rotation: Tasks are completed daily. The frequency and duration of task completed as documented in description.	
Factors	R	O	F	C	Comment
Standing & Walking			X		Eg. Attending to patients
Sitting		X			
Lifting <1kg				X	
Carrying			X		
Push/ Pull			X		Eg. Residents in shower chairs
Climbing	X				Eg. Step stools to access shelving
Bending			X		
Twisting			X		
Squatting		X			Eg. Low dressing tasks
Reaching			X		Eg. Changing of drips
Grip			X		
Fine Motor		X			Eg. Cannulation.



Activity Level (Act.)		
R = Rare O = Occasional F = Frequent C = Constant		
Tasks	Activity Level	Physical capacity
Room attendance/ make up / cleaning	F	(F) forward reaching in making beds
Linen change		
Disinfecting mattress		
Disposal of linen into laundry bag		
Return equipment to appropriate storage area		
Personal care of patients	C	(C) forward reaching (F) walking (O) kneeling, standing and stooping
Patient personal hygiene – showering and toileting (mobile patient)		
Patient personal hygiene – showering and toileting (non-mobile patient)		
Maintenance of catheters/drips/surgical portals		
Positioning/repositioning of patient in bed care		
Assisting patient with dressing/undressing		
Preparation & management of medical services	F	(F) forward reaching and bending
Applying oxygen therapy		
Monitoring blood sugar levels		
Wound maintenance and care		
Post-operative maintenance and care		
Administering medications oral intravenous intramuscular		
Administration	O	(O) sitting
Patient paperwork		
Transfers/transportation/manual handling	C	(F) walking
Mobilising patients to shower/toilet		
Transfer from bed to chair/wheelchair/commode		
Transfer patients in wheelchairs		
Moving sterile instrument trays from one place to another		
Lifting and placing trays and sterile stocks on trolleys		