

List of WOC Skills, complete via the lessons area of the course

Ostomy competencies	Method or Evidence To Document Competence Obtained
1. Stoma site selection including both of the following client situations: - Average or usual person with a urinary stoma, small intestine stoma and large intestine stoma - One example of a person with special considerations, such as skin folds, paralysis, etc.	- View video - Return demo with preceptor, or videotape yourself marking an abdominal stoma. Can simulate marking a friend or family member, then submit for instructor review. Contact instructor for questions
2. Catheterized specimen collection from a urinary diversion	View video
3. Instillation of fluids into stomas including: - Irrigation of a colostomy - Lavage of an ileostomy	- View video - Complete selected matching test on correct steps to colostomy irrigation.
4. Selection of appropriate products for containing effluent including: - Type of pouches (e.g., reusable) - Two piece pouch systems - One piece systems - Adhesive vs. non-adhesive systems	- View video - Seek and find assignment Must achieve an 80% or higher.
5. Assessment of a stoma for: - Viability - Measurement	View videos in lessons area

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Ostomy competencies	Method or Evidence To Document Competence Obtained
6. Assessment and management of peristomal skin including: ▪ Viability ▪ Measurement	• View video in lessons area • Complete selected matching test. Must achieve an 80% or higher.
7. Assessment and management of peristomal skin including: ▪ Skin infection ▪ Denudement ▪ Contact dermatitis	
8. Assessment and management of stomal complications: ▪ Mucocutaneous Separation ▪ Herniation ▪ Prolapse ▪ Retraction	

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Ostomy & Wound competencies	Method or Evidence To Document Competence Obtained
1. Management of peri-tube/drain skin.	• View video
2. Stabilization of tubes and drains such as feeding, suprapubic.	• View video
3. Techniques of management for the following types of fistulas: • Small bowel • Large bowel • Pancreatic • Peri-rectal • Urinary • Spit • Mucous fistula	• View video

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Wound competencies	Method or Evidence to Document Competence Obtained
1. Using a pressure ulcer risk assessment tool.	• View video • Case studies with quiz questions. Must achieve an 80% or higher.
2. Identifying the type of wound/skin lesion and implementing a plan of care for nursing management for the following: 2. Pressure ulcer 3. Venous ulcer 4. Arterial ulcer 5. Neuropathic 6. Surgical 7. Dehiscence/viscerated	• View video
3. Assessment and, where appropriate, the staging or classification of the following wounds: 8. Pressure ulcer 9. Venous insufficiency including ankle/brachial index 10. Arterial insufficiency 11. Neuropathic 12. Surgical 13. Dehiscence/viscerated 14. Infected including: bacterial, viral, fungal	• View video
4. The debridement techniques: 15. Conservative sharp 16. Enzymatic 17. Mechanical 18. Autolytic 19. Biological	• View video

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Wound competencies	Method or Evidence to Document Competence Obtained
5. Selection and use of wound care products for dressing the wound.	• View video • Seek and find assignment. Must achieve an 80% or higher.
6. Wound culture techniques.	• View video
7. Wound care techniques including: 20. Cleaning 21. Irrigating 22. Packing with a variety of materials including alginates, gauze, gels, granules, and powders	• View video
8. Peri wound skin management.	• View video
9. Compression therapy.	• View video

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Continence competencies	Method or Evidence to Document Competence Obtained
1. Assessment of the person who is incontinent including: 23. Focused physical exam: (a) Abdomen (b) Skin (c) Rectal and bulbocavernosal reflex 24. Performance of simple urodynamics including: (a) Observation of voided stream (b) Postvoid residual (c) Response to provocative maneuvers 25. Voiding diary.	Complete case studies
2. Teaching pelvic muscle exercises.	Complete case studies
3. Teaching a bowel and bladder program.	Complete case studies
4. Performance and teaching of clean intermittent catheter (CIC).	Complete case studies
5. Selection and use of products for: 26. Containment 27. Skin protection	Complete case studies
6. Management of skin breakdown.	Complete case studies
7. Counseling the person who is incontinent.	Complete case studies