

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/lessons - 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 - Journals
2. Catheterized specimen collection from a urinary diversion	- View video/lessons - Clinical experience - Journals
3. Instillation of fluids into stomas including: - Irrigation of a colostomy - Lavage of an ileostomy	- View video/lessons - Complete selected matching test on correct steps to colostomy irrigation. - Clinical experience - Journals
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/lessons - Ostomy Mini Case Scenarios assignment. Must achieve an 80% or higher. - Clinical experience - Journals
5. Assessment of a stoma for: - Viability - Measurement	- View videos/lessons - Clinical experience - Journal

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

Ostomy competencies	Method or Evidence To Document Competence Obtained
6. Assessment and management of peristomal skin including: ▪ Viability ▪ Measurement	• View videos/lessons • Selected matching test. Must achieve an 80% or higher. • Ostomy Mini Case Scenarios assignment. Must achieve an 80% or higher. • Clinical experience • Journals
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	

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

Ostomy & Wound competencies	Method or Evidence To Document Competence Obtained
1. Management of peri-tube/drain skin.	• View video/lessons • Ostomy Mini Case Scenarios assignment Must achieve an 80% or higher. • Clinical experience • Journals
2. Stabilization of tubes and drains such as feeding, suprapubic.	• View video/lessons • Clinical experience • Journals
3. Techniques of management for the following types of fistulas: • Small bowel • Large bowel • Pancreatic • Peri-rectal • Urinary • Spit • Mucous fistula	• View video/lessons • Clinical experience • Journals
4. Using a pressure injury risk assessment tool.	• View video/lessons • Wound Care Mini Case Studies Must achieve an 80% or higher. • Clinical experience • Journals

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

Wound competencies	Method or Evidence to Document Competence Obtained
1. Identifying the type of wound/skin lesion and implementing a plan of care for nursing management for the following: 2. Pressure Injury 3. Venous ulcer 4. Arterial ulcer 5. Neuropathic 6. Surgical 7. Dehisced/eviscerated	• View video/lessons • Wound Care Mini Case Scenarios Must achieve an 80% or higher. • Clinical experience • Journal
2. Assessment and, where appropriate, the staging or classification of the following wounds: 8. Pressure injury 9. Venous insufficiency including ankle/brachial index 10. Arterial insufficiency 11. Neuropathic 12. Surgical 13. Dehisced/eviscerated 14. Infected including: bacterial, viral, fungal	• View video/lessons • Wound Care Mini Case Scenarios assignment. Must achieve an 80% or higher. • Clinical experience • Journals
3. The debridement techniques: 15. Conservative sharp 16. Enzymatic 17. Mechanical 18. Autolytic 19. Biological	• View video/lessons • Wound Care Mini Case studies. Must achieve an 80% or higher. • Clinical experience/journals

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

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

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

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.	• View videos/lessons • Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals
2. Teaching pelvic muscle exercises.	• View videos/lessons • Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals
3. Teaching a bowel and bladder program.	• View videos/lessons • Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals
4. Performance and teaching of clean intermittent catheter (CIC).	• View Videos/lessons • Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals

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

Continence competencies	Method or Evidence to Document Competence Obtained
5. Management of skin breakdown.	• Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals
6. Counseling the person who is incontinent.	• Continence Care Mini Case Studies assignment. Must achieve an 80% or higher. • Clinical experience • Journals