

# SACRAMENTO CITY COLLEGE –SCIENCE & ALLIED HEALTH

## ESSENTIAL FUNCTIONS REQUIRED OF ALLIED HEALTH STUDENTS

### MOTOR CAPABILITY:

1. Move from room to room and maneuver in small spaces.
2. Transfer patients who may require physical assistance.
3. Guard and assist patients with ambulation.
4. Perform exercise techniques, including applying resistance during exercise.
5. Lift and carry up to 50 pounds, and exert up to 100 pounds force for push/pull.
6. Squat, crawl, bend/stoop, reach above shoulder level, kneel, use standing balance, and climb stairs.
7. Use hands repetitively; use manual dexterity.
8. Adjust, apply, and clean therapeutic equipment.
9. Perform CPR.
10. Travel to and from academic and clinical sites.
11. In the average clinical day students sit 1-2 hours, stand 6-7 hours, travel 1-3 hours.

### SENSORY CAPABILITY:

1. Coordinate verbal and manual instruction.
2. Assess a patient 10 feet away to observe patients posture and response to treatment.
3. Respond to a timer, alarm, or cries for help.
4. Monitor vital signs.
5. Auditory, visual, and tactile abilities sufficient to assess patient status and perform treatments.  
(Example: color changes in skin, hear heart and lung sounds)

### COMMUNICATION ABILITY:

1. Communicate effectively in English with patients, families, and other health care providers, both verbally and written. (Example: explain treatment procedures, teach patients and families, document in charts)
2. Effectively adapt communication for intended audience.
3. Interact, and establish rapport with individuals, families, and groups from a variety of social, emotional, cultural and intellectual backgrounds.
4. Assume the role of a health care team member.
5. Function effectively under supervision.

### PROBLEM SOLVING ABILITY:

1. Function effectively under stress.
2. Respond appropriately to emergencies.
3. Adhere to infection control procedures.
4. Demonstrate problem-solving skills in patient care. (Measure, calculate, reason, prioritize and synthesize data.)
5. Use sound judgment and safety precautions.
6. Address problems or questions to the appropriate person at the appropriate time.
7. Organize and prioritize job tasks.
8. Follow policies and procedures required by clinical and academic settings.