

Department of Nursing Education and Health Studies

COURSE OUTLINE – Winter 2025

NS1250: Nursing Practice – Health Assessment & Nursing Process

4 (2-0-3) 75 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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CALENDAR DESCRIPTION:

The focus is on the health assessment of the adult and expected health assessment findings throughout the lifespan. The course provides a beginning foundation of the nursing process as framework for developing assessment skills and use of clinical technologies necessary for determining client health status and provision of care.

PREREQUISITE(S):

NS1500

NS1205

COREQUISITE(S):

MI1330

NS1240

REQUIRED MATERIALS:

American Psychological Association. (2019). Publication manual of the American Psychological Association (7th ed.). Washington, DC. Or access to online version.

Astle, B.J., & Duggleby, W., Potter, P.A., Perry, A., Stockert, P.A., & Hall, A.M. (2023). Canadian fundamentals of nursing (7th edition). Milton, ON: Elsevier

Van Pelt, A., & Irving, L. (Eds.). (2024). *Physical examination & health assessment* (4th Canadian Eds). Elsevier Canada.

Van Pelt, A., & Irving, L. (Eds.). (2024). *Physical examination & health assessment: Study guide & laboratory manual* (4th Canadian Eds). Elsevier Canada.

*All previously required textbooks and resources will be used as references throughout the program. Please retain your copies as they may be required in future courses.

REQUIRED SUPPLIES:

- Stethoscope
- Penlight
- Watch with a second timing indicator
- Scrubs (While NWP scrubs are not required for labs, their use is encouraged)
- Appropriate footwear
- Black pen
- Student Identification Card

DELIVERY MODE(S):

Over 15 weeks lecture 2hr/week and lab 3hr/week

All components of this course are delivered in person at the GPRH HEC campus. Lecture will be in the classrooms, as indicated on the student schedule/section. Labs will be held in the various lab spaces.

LEARNING OUTCOMES:

Upon completion of this course, the student must be able to:

1. Understand the role of health assessment in nursing practice and patient care in all settings.

2. Develop and demonstrate the relationship of health assessment and assessment skills in the nursing process through understanding of subjective and objective data collection, validation of findings, and exploration of beginning phases for patient care.
3. Provide rationale underlying for assessment techniques for subjective and objective data collection.
4. Apply therapeutic communication skills to facilitate professional relationship building, conducting health history interviews, health promotion activities, risk reduction identification, and patient learning.
5. Describe and demonstrate a holistic approach to health assessment across the lifespan.
6. Acquire the skills of physical examination and demonstrate safe, competent patient assessments.
7. Demonstrate professionalism and ethical practice during health assessment and nursing practice.
8. Demonstrate accurate, organized, concise documentation of health assessment findings.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

** For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

Assignment	Due Date	Weight	Related Course Outcomes
Lab Handbook Activity Completion	Weekly in Lab	10%	2,3,6
General Assessment Interview	February 2	20%	2,4,5, 7,8
Midterm Exam	February 24	25%	1,2,3
In-Class Focused Assessment Activity	April 7	15%	2,3,5, 6
OSCE	During lab time the week of March 24 th .	Pass/Fail	4,6,7,8
Final Exam	TBD: During Exam Week	30%	1,2,3

1. Lab Handbook Activity Completion:

Students must have purchased a hard copy of the following textbook: Jarvis, C., Eckhardt, A., Van Pelt, L. & Irving, L. (2023). Student laboratory manual for physical examination and health assessment (4th Canadian Edition). Elsevier Canada. Referring to each week's COPE sheet, students will complete the required section in the Laboratory Manual and present to their lab instructor each week at the beginning of lab. Students must complete a minimum of ten chapters and must be present in lab to receive credit for completing the chapters.



2. General Assessment Interview:

To become more comfortable with asking questions and using communication skills when working with patients, students will have opportunity to complete a health history on a person they know that has an illness or condition. This cannot be completed on a peer that is in the course. Consent to be interviewed and to have the information shared with your instructor will be obtained prior to the interview (see MyClass). Utilizing the laboratory manual as a guide, students will complete a thorough health history that covers all systems. Marking guideline and further description of this assignment will be posted on MyClass.

3. Midterm Examination

The midterm exam will be a paper-based exam, written on scantron sheets. Please ensure that you have HB pencils for the exam. Accommodations will be granted if needed for students requesting changes in time or length of exam and at the instructor's discretion. The exam may be composed of multiple choice, fill in the blank and matching questions. Exam will include content from lectures, required readings, and labs from Week 1 – Week 6 inclusive. Concepts being covered: Communication, Spirituality, Culture, Pain, Thermoregulation, Tissue Integrity, Sensory Perception, Functional Ability, & Mobility.

4. In Class Focused Assessment Activity:

Students will complete an in-class focused assessment case study provided for them with all pertinent information. Students are required to answer questions utilizing critical thinking, knowledge from prior learning (anatomy, physiology, pharmacology), and from content learned in this course. Once complete, peers will evaluate and provide feedback to each other. The assignment will be in class on April 7th, 2025. Students must be physically present in class to complete the activity. If students are absent and have not provided 48 hours' notice of absence, they will receive a mark of zero with no chance to complete. The completed assignment and all notes associated with it will be submitted to instructor at the end of class.

5. Final Examination

The content is from midterm, and covers all lectures, required readings, and laboratory experiences. Concepts to be covered includes: Elimination, nutrition, safety, gas exchange, perfusion, sexuality, cognition, and the complete health assessment. The exam will be composed of multiple choice, fill in the blank and matching questions. Please refer to NWP's final examination policy located on the NWP website.

6. Objective Structured Clinical Examination (OSCE)

OSCEs are designed to test clinical skill performance and competence in a range of skills. It is a practical, real-world approach to learning and assessment. To pass NS1250, students are required to pass the OSCE. A total of 3 attempts to pass an OSCE are permitted. All OSCE re-testing must be completed by the end of the course to receive a pass in NS1250. If the student is unsuccessful in passing the OSCE after 3 attempts; the student will be deemed unsuccessful in the course. If a student is absent and does not provide notice, they will receive a failure on the attempt. Students will complete one OSCE. Which OSCE will be randomized between the following possible OSCEs at the time of assessment: • Abdominal Assessment • Cardiovascular Assessment • Respiratory Assessment

7. Participation in Lab & Lecture:

By the end of each lab, students are responsible for demonstrating beginning proficiency and competence with each skill offered in this course. Attendance at all labs is mandatory. Lab preparation also requires students to be prepared with appropriate equipment, lab kits, professional behaviour and dress as per the student handbook. For optimal development of proficiency of psychomotor skills, students are encouraged to practice at home or during regularly scheduled practice labs. Lap drop-in opportunities for practice are available regularly. Please consult the lab coordinators and online link for hours and sign-up information.

No make-up labs are offered for missed labs. Students must notify the instructor by email before the absence with a valid reason; not all absences are excused. Students with an excused absence or illness must submit a video demonstrating the missed skill, using appropriate supplies, and within one week of the missed lab. This may require attending a drop-in lab. Related assessment documentation must also be submitted with the video.

GRADING CRITERIA

Please note that most institutions will not accept your course for transfer credit **IF** your grade is **less than C-**.

Grading Chart for courses with Alpha Grading:

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Date	Concept(s)	Theory & Lab
1	Jan 6-10	Communication & Documentation	Lecture: PPE & Hand Hygiene & Documenting Lab: PPE & Hand Hygiene
2	Jan 13-17	Spirituality & Culture & Safety	Lecture: Spiritual & Cultural Assessment Lab: Safety
3	Jan 20-24	Pain & Thermoregulation	Vital Signs & Pain Assessment
4	Jan 27-31	Tissue Integrity	Skin, Hair & Nails

5	Feb 3-7	Sensory Perception	Eyes, Ears, Head, Face, Neck, Nose & Mouth
6	Feb 10-14	Functional Ability & Mobility	Musculoskeletal, Functional Assessment & CSMT
7	Feb 17-21	Winter Break	
8	Feb 24-28		Lecture: Midterm Exam Lab: Neurological Assessment & Cranial Nerves
9	Mar 3-7	Elimination & Nutrition	Abdominal, Nutrition & Genitourinary
10	Mar 10-14	Gas Exchange	Thorax, Lungs & Breast with Regional Lymphatic Assessments
11	Mar 17-21	Perfusion	Heart, Neck Vessels, Peripheral Vascular & Lymphatic Assessments
12	Mar 24-28	Sexuality	Lecture: Sexuality Lab: OSCE
13	Mar 31-Apr 4	Cognition	Lecture: Cognitive Assessment Lab: OSCE Repeats
14	Apr 7-11	All Previous	Lecture: In-Class Assignment Lab: The Complete Health Assessment

STUDENT RESPONSIBILITIES:

Students should refer to the following link for Northwestern Polytechnic policies regarding Student Rights and Responsibilities.

<https://www.nwpolytech.ca/about/administration/policies/fetch.php?ID=69>

Furthermore, all pertinent Academic and Administrative policies can be found at the link below.

<https://www.nwpolytech.ca/about/administration/policies/>

LATE ASSIGNMENT POLICY:

To obtain credit in the course ALL assignments, examinations, and quizzes must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered. Late assignments will have 5% of total marks (or one letter grade) for the assignment deducted for each day/partial day (including weekend days) beyond the due time. For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to the assignment. If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Papers/assignments may not be rewritten for a higher grade. Concerns regarding grading are to be discussed with the faculty member involved.



Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.

As part of NWP's commitment to academic integrity, all written assignments submitted by students will be reviewed using Turnitin software, an online plagiarism detection tool, to verify originality and ensure academic integrity. Turnitin compares student work to a vast database of academic sources, publications, and previously submitted assignments to identify potential instances of plagiarism or improper citation(s). By enrolling in this course, students acknowledge and consent to the use of Turnitin for assignment submissions.