

**University of Alberta Collaborative Baccalaureate
Nursing Program
with
Grande Prairie Regional College**

**NO 1040
Health Assessment
Credits 5(3-3-3)**

Course Outline

Fall 1996

**Faculty
Chris Beran, R.N., BscNEd., Med.
Room H228
Phone 539-2896**

LECTURES

H211

LABORATORY

H225

CLINICAL

**clients will be assigned by instructor
time is allocated. Students may make their own
arrangements**

NO 1040 - HEALTH ASSESSMENT NURSING

5 credits - (3-3-3). Health assessment and basic nursing skills will be introduced. Students will assess the health status of adult clients and provide some basic health information. Co-requisites: Nursing 1000, 1010; PZ 1621 Elementary Physiology.

Minimum Course Hours:

Classroom: 39 Clinical: 39 Laboratory: 39

COURSE DESCRIPTION:

Health assessment is a skill and an integral part of the nursing process. As a skill it includes the health history and the four classical techniques of physical examination. As part of the nursing process, it provides the data base for nursing practice. Basic health assessment and selected nursing interventions will be taught concurrently. The student will use the data base to screen and monitor the health status of adult patients in order to provide appropriate basic nursing care. Relevant legal, ethical, and cultural issues will be included.

Nursing 1040 consists of three components: lecture, Laboratory practice and nursing practice with an assigned client.

COURSE OBJECTIVES:

Upon successful completion of this course the student will:

1. Perform basic health assessments and selected nursing interventions according to the underlying principles.
2. Demonstrate effective communication in interactions throughout the course.
3. Relate knowledge of anatomy and physiology to the physical examination.
4. Identify, describe, and record expected and atypical findings of adult clients.
5. Explain the rationale underlying the procedures used during the physical examination.

CORE COURSE CONTENT:

Underlying belief:

Health assessment is essential for the practice of nursing. Assessment data collected will be organized, reported, and recorded in a manner consistent with the nursing process.

The health history will include the following subjective data: lifestyle, health and illness patterns, health promotion and protection patterns, and growth and development.

The physical assessment will be performed in a logical sequence, either according to body systems or using the head -to -toe approach. The four classical techniques of inspection, palpation, percussion, and auscultation will be used to collect the objective data.

COURSE REQUIREMENTS:

In order to obtain credit for Nursing 1040, students must pass the theoretical, laboratory and nursing practice components of the course. Students who have not received a pass in the nursing practice and laboratory portion of the course will not be given credit for the course and will be required, if readmitted, to repeat the theoretical, laboratory, and nursing practice components of the course.

METHODS OF EVALUATION:

1. Theoretical

- a. **Quizzes:** There will be five quizzes on class content and medical terminology throughout the year. Each quiz will be worth 4%. An alternate option would be completion of the computer managed learning program. Students choosing the latter option must complete the program in its entirety to get full marks. The first half of the program must be completed by Oct. 11, 1996 to qualify for the first 10% of the mark to be applied to the midterm grade.

Mark Allocation 20%

- b. **Final Examination:** This will be a comprehensive examination covering all course content. The examination will be primarily multiple choice.

Mark Allocation 40%

2. Laboratory

- a. **Practical Lab Examination:** Attendance is compulsory and students who are unable to attend are at risk for failing the course. Students will be required to demonstrate proficiency of the health assessment skills in a practical examination. Instructors will inform students of the possible units of examination prior to the lab exam.

Mark Allocation 20%

3. Assignments

a. This assignment consists of two parts.

- #1 Health history documentation to be submitted by **Oct 18, 1996**
This assignment must be submitted in typewritten form. You may use the form provided in the syllabus and add an addendum to the form if you are limited by the space provided on the form, or you may type your own form. The history must include a summary listing strength and health problems identified.

Mark Allocation 10%

- #2 Physical Examination documentation and final summary to be submitted by **December 5, 1996**. The health history must accompany this paper.

Physical examination findings are to be documented on the form included in the syllabus. These may be submitted in handwriting but must be clear, legible written in pen and ink. Alternatively, you may type your own form provided the headings and sequence remain the same as the form in the Course Syllabus. A summary of health problems identified must include a brief history pertaining to the findings

Mark Allocation 10%

LATE ASSIGNMENTS: Please note late assignments will be docked 1 stanine for every day late. Extenuating circumstances will be reviewed on an individual basis

4. Clinical Practice

- a. Students must have current CPR, up to date immunizations, and have begun their Hepatitis B immunization series prior to commencing their clinical practice.
- b. Clinical practice is in conjunction with the assignment above. In order to complete the assignment students should plan for two to the visits for each assignment of approximately 2hrs. per visit. You will receive an assigned client from your instructor. It is your responsibility to contact your client and arrange your visits. By the third week of the course you should be starting the health history of the assignment. You should keep a log of your activities. Students who are unable to fulfil the clinical requirements are at risk for failing the course. Students are responsible for all laboratory content as it is essential in order to be prepared for clinical practice

Required Textbooks :

- Du Gas, B. & Knor, E. (1995). Nursing foundations: A Canadian perspective. Scarborough, ON: Appleton & Lange.
- O'Toole, M. (Ed.). (1992). Miller-Keane Encyclopedia & Dictionary of Medicine, Nursing, & Allied Health (5th ed.). Toronto, ON: W.B. Saunders.
- Seidel, H., Ball, J., Dains, J., & Benedict, G. (1995). Mosby's Guide to Physical Examination (3rd ed.). St. Louis, MS: C.V. Mosby.
- Smith, G., Davis, P., & Dennerll, J. (1995). Medical Terminology: A Programmed Text (7th ed.). New York, NY: Delmar Publishers.

Recommended Textbooks:

- Seidel, H., Ball, J., Dains, J., & Benedict, G. (1995). Mosby's Physical Examination Handbook. Toronto, ON: Mosby.
- Seidel, H., Ball, J., Dains, J., & Benedict, G. (1995). Student Workbook to accompany Mosby's Guide to Physical Examination. (3rd. ed). Toronto, ON: Mosby.

Recommended Learning Experiences and Resources:

- Health assessment video series, -e.g. C. Kovachik-MacNeil
- Health assessment form.
- Basic health assessment and basic nursing skills practiced in the laboratory setting.
- Return demonstrations.
- Video feedback.
- Practice of assessment techniques and nursing skills in the clinical setting.
- Documentation practice.
- Computer program

Equipment:

Nursing 1040 students must be equipped with the following:

- 1 penlight
- 1 black pen
- 1 red pen
- 1 stethoscope
- 1 watch with a second hand
- 1 lab coat

Schedule 1040

Date	Lecture	Lab	Clinical
Sept. 3 - 6	Introduction to Course	cancelled	cancelled
Sept. 9 - 13	Health History and Documentation Examination Techniques	Introduction to Lab	Introduction to Clinical
Sept. 16 - 20	Examination Techniques & General Survey Vital Signs	Health History, Documentation & Examination Techniques	Client Contact Health History
Sept. 23 - 27	Skin, Hair & Nails Quiz #1 (Sept. 27)	General Survey Vital Signs	Health History Vital Signs
Sept. 30 - Oct. 4	Eyes, Nose, Face	Skin, Hair, & Nails	Health History Skin, Hair, & Nails
Oct. 7 - 11	Ears, Oral Cavity, Neck Quiz #2 (Oct. 11)	Eyes, Nose, & Face	Eyes, Nose & Face
Oct. 14 - 18	Thorax & Lungs	Ears, Oral Cavity & Neck	Ears, Oral Cavity & Neck
Oct. 21 - 25	Heart	Thorax & Lungs	Thorax & Lungs
Oct. 28 - Nov. 1	Review Thorax, Lungs, & Heart Quiz #3 (Nov. 1)	Heart	Heart
Nov. 4 - 8	Breasts & Axillae Abdomen & Genitalia	Review	Review to date
Nov. 11 - 15	Abdomen Genitalia Quiz #4 (Nov. 15)	Abdomen	Abdomen
Nov 18 - 22	Extremities & Spine	Extremities & Spine	Extremities & Spine
Nov. 25 - 29	Extremities & Spine	Extremities & Spine Demo	Extremities & Spine Lab- Compulsory
Dec. 2 - 6	Putting it Together Review Quiz #5 (Dec. 4)	Lab	Be available

Assignment #1 Due - October 18, 1996

Assignment #2 Due - December 9, 1996