



DEPARTMENT of NURSING EDUCATION & HEALTH STUDIES

COURSE OUTLINE –WINTER 2018

NS1055 A3 B3 C3 D3 E3: Introduction to Health Assessment – 4 (3-0-3) 90 Hours in 15 Weeks

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<b>Course Leader and Lecture and Lab Instructor:</b> Wendy McMillan MN, RN	<b>Phone:</b> 780-539-2784 <b>Office:</b> H229 <b>Email:</b> <a href="mailto:wcmillan@gprc.ab.ca">wcmillan@gprc.ab.ca</a>
<b>Lab Instructor:</b> Asha Parmar MSN, RN	<b>Phone:</b> 780-539-2892 <b>Office:</b> H208 <b>Email:</b> <a href="mailto:aparmar@gprc.ab.ca">aparmar@gprc.ab.ca</a>
<b>Lecture Instructor:</b> Teresa Evans MN, RN	<b>Phone:</b> 780-539-2805 <b>Office:</b> H201 <b>Email:</b> <a href="mailto:tevans@gprc.ab.ca">tevans@gprc.ab.ca</a>
<b>Lecture and Lab Instructor:</b> Shelley Bessey MN,RN	<b>Phone:</b> 780-539-2794 <b>Office:</b> L215 <b>Email:</b> <a href="mailto:sbessey@gprc.ab.ca">sbessey@gprc.ab.ca</a>
<b>Lecture and Lab Instructor:</b> Bonnie Hessler MN, RN	<b>Phone:</b> 780-539-2757 <b>Office:</b> H202 <b>Email:</b> <a href="mailto:bhessler@gprc.ab.ca">bhessler@gprc.ab.ca</a>
<b>Lab Instructor:</b> Vanessa Sheane MN, RN	<b>Phone:</b> 780-539-2752 <b>Office:</b> H208 <b>Email:</b> <a href="mailto:vsheane@gprc.ab.ca">vsheane@gprc.ab.ca</a>
<b>Lecture Instructor:</b> Jim Wohlgemuth MN, RN	<b>Phone:</b> 780-539-2709 <b>Office :</b> H132 <b>Email:</b> <a href="mailto:jwohlgemuth@gprc.ab.ca">jwohlgemuth@gprc.ab.ca</a>
<b>Lab Instructor:</b> Karen Oostra MSN,RN	<b>Phone:</b> 780-539-2449 <b>Office:</b> H205 <b>Email:</b> <a href="mailto:koostra@gprc.ab.ca">koostra@gprc.ab.ca</a>
<b>Lab Instructor:</b> Tamara Van Tassell MN, RN	<b>Phone:</b> 780-539-2798 <b>Office:</b> H231 <b>Email:</b> <a href="mailto:tvantassell@gprc.ab.ca">tvantassell@gprc.ab.ca</a>

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**CALENDAR DESCRIPTION:**

Focus is on the health assessment of the well adult, with expected aging modifications. The course provides a beginning foundation of assessment skills and technologies necessary for determining client health status within the context of a nursing framework. Factors influencing lifestyles and personal health practices are included.

**COREQUISITES:**

PZ1515 AND NS1035

**REQUIRED TEXT/RESOURCE MATERIALS:**

- Day, R.A., Paul, P., Williams, B., Semltzer, S. C., Bare, B.G. (2014). *Brunner and Suddarth's Textbook of Canadian Medical-Surgical Nursing* (3rd ed.). Philadelphia: Lippincott, Williams & Wilkins.
- Jarvis, C., Browne, A., MacDonald-Jenkins, J., & Luctkar-Flude, M. (2014). *Physical Examination & Health Assessment*. Toronto: Elsevier Canada.
- Jarvis, C., Tarlier, D., Van Pelt, L., & Andrews, M.E. (2014). *Physical Examination & Health Assessment, Second Canadian Edition, Student Laboratory Manual*, Toronto: Elsevier Canada.
- Pagana, K. D. & Pagana, T. J. (2013). *Mosby's Canadian Manual of Diagnostic and Laboratory Tests* (1<sup>st</sup> ed). Toronto: Elsevier Canada.
- Potter, P. A., Perry, A. G., Ross-Kerr, J. C., Wood, M. J., Astle, B. J., & Duggleby, W. (2014). *Canadian fundamentals of nursing* (5th ed.). Toronto, ON: Elsevier Mosby.

**Required Resource Materials: (available on Moodle)**

1. Health Assessment Assignment Guidelines and Grading Rubric
2. Nursing Student Handbook
3. NS1055 Introduction to Health Assessment Lab Manual

**DELIVERY MODE(S):**

Lecture and Laboratory

**COURSE OBJECTIVES:**

Describe, understand and articulate an understanding of theory related to key patient safety concepts including communication, teamwork, environmental influences and human factors, safety risks and adverse disclosure.

1. Describe, understand and articulate an understanding of theory related to patient centered care and interdisciplinary practice.
2. Apply knowledge of anatomy, physiology, and pathophysiology during the physical examination of the well adult considering modifications for age.
3. Demonstrate preparedness, professionalism, and appropriate skills, within the course.
4. Describe the basic examination techniques and specific characteristics to be assessed during the physical examination.

5. Provide rationale underlying the techniques used during the physical examination.
6. Conduct a health history interview that represents a comprehensive account of the adult client's physical, social, and mental health status with modifications for the client's age.
7. Include a health promotion focus throughout the health history interview and physical examination.
8. Perform a physical examination on a well adult client within the class setting, using appropriate equipment and assessment procedures and techniques.
9. Draw upon subjective and objective data to validate findings, and draw inferences on the client's health status.
10. Differentiate between findings which are within expected limits, including age specific differences, and findings which denote deviations.
11. Document a comprehensive health history and physical exam using principles of recording.
12. Demonstrate, with minimal assistance, the processes of self-directed learning, critical thinking, and group process skills in utilizing context based learning, in all learning activities.

### **Levels of Independence:**

The following are levels of independence used when considering a student performance in meeting course objectives:

**With assistance:** The student requires direction and information.

**With minimal assistance:** The student requires occasional direction and information.

**With guidance:** The student requires clarification, prompting, and confirmation.

**With minimal guidance:** The student requires occasional clarification, prompting, and confirmation.

**Independently:** The student works mostly on their own and seeks information, clarification, and consultation as appropriate.

**Direction:** The instructor advises the student what to do and what steps to take.

**Information:** The instructor advises the student about specific details related to a concept or topic.

**Clarification:** The instructor, through questioning and feedback, assists the student to state her/his information in a different and clearer way, often with more details. The student asks questions to increase their understanding and to demonstrate a sound knowledge base.

**Prompting:** The instructor provides the student with a cue that the answer is incomplete or incorrect, and offers a way to resolve a lack of information. A prompt is broader than a hint. Prompting is used, generally, to add breadth or depth to the level of understanding.

**Confirmation:** The instructor provides the student with positive feedback for correct information and for appropriate self-direction taken by the student.

**Consultation:** The student provides the instructor with essential information and asks specific questions about a particular situation. The information and direction needing to be taken is confirmed by the instructor.

**Occasional:** The instructor provides the student with occasional input

## LEARNING OUTCOMES:

1. Apply safety concepts to health assessments
2. Describe client centered care in relation to health assessment
3. Perform a comprehensive health history and physical examination focusing on health promotion
4. Identify subjective and objective data to validate findings
5. Identify variances to individualize assessment
6. Practice therapeutic communication and documentation skills in health assessments
7. Practice professional communication

## TRANSFERABILITY:

This course transfers to the UA for NURS105. This course is part of the block transfer agreement with the University of Alberta in the Collaborative BScN Program. Admission to the fourth year of the Program and registration at the U of A will be contingent upon confirmation by the Faculty of Nursing that the first three years of the Program have been completed with satisfactory academic standing. For promotion to Year 4 at the U of A, a student is required to pass all previous courses and obtain a minimum cumulative GPA of 2.0 on a 4.0-point scale in the first three years of the program. If these conditions are met, the student will be granted a block transfer of work completed at GPRC to the U of A record.

**\*Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**\*\* 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:

### To PASS Nursing 1055, students must:

- Consistently demonstrate satisfactory performance and professionalism in Lecture and Laboratory sessions.
- **Complete** the following requirements:

<b>Item</b>	<b>Due</b>	<b>Weighting</b>
Exam #1	Week 4	25%
Exam #2	Week 9	25%
Health Assessment Assignment	Week 13 (Mar. 26-20)	25%
Final Exam	Exam Week	25%
Laboratory OSCE	April 2-6, 2018	Pass/Fail

**\*Successful completion of ALL evaluation components is required to achieve a passing grade in this course.**

**1. Health History Assignment (25%)**

The purpose of the health history assignment is for the student to integrate and apply nursing knowledge gained from the health assessment course. The student will conduct a health history and head to toe examination on an adult client. The findings of the examination are to be documented and written in a scholarly manner using APA format. Please see Assignment Guidelines for further instruction.

**2. Midterm Examination (35%)**

The midterm examination will be administered on Feb.15<sup>th</sup>, 2018. The exam will be multiple-choice. Check Moodle announcements to verify the location. This exam will include content from weeks 1-6 inclusive.

**3. Final Exam (40%)**

The final examination will be administered over a 3-hour period. It will be primarily multiple choice. The conduct of this examination adheres to the GPRC academic calendar. This exam will include content from weeks 7-14 inclusive.

**4. Laboratory OSCE (PASS/FAIL):**

- a. OSCEs will be graded as either pass or fail
- b. Students must pass OSCEs to obtain credit in the course.
- c. If unsuccessful on the first test, opportunity for two retests within the next 5 days can be given. Students may be given remedial work as identified by instructor and student, based on learning needs.
- d. Before booking for a retest, students must complete all remedial work assigned.

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

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

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		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:**

	<b>Lecture</b>	<b>Lab</b>
Jan.8-12	Introduction to Health and Physical Assessment Techniques Infection Control and Prevention	Lab and high-Fidelity Simulation Orientation
Jan15-19	General Survey and Vital Signs Assessment Pain and Nutrition Assessment	Physical Assessment Techniques & Infection Control
Jan.22-26	Skin, Hair and Nails Assessment Eyes and Ears Assessment	General Survey, Vital Signs, Pain and Nutrition Assessment
Jan.29-Feb2	Exam #1 Head, face and Neck and Regional Lymphatic System Assessment	Skin, Hair and Nails Assessment Eyes and Ears
Feb. 5-9	Nose mouth and throat Neurological Assessment	Head, face and Neck and Regional Lymphatic System Assessment Nose, Mouth and Throat Assessment
Feb. 12-16	Neurological Thorax and Lungs	Neurological Assessment
Feb. 19-23	<b>READING WEEK</b>	
Feb 26 –Mar 2	Heart and Neck Vessels Assessment Peripheral Vascular System and Lymphatic	Thorax and Lungs
Mar. 5-9	Exam #2 Abdominal Assessment	Heart and Neck Vessels Assessment Peripheral Vascular System and Lymphatic System Assessment
Mar. 12-16	Genitourinary Assessment Musculoskeletal Assessment	Abdominal Assessment Genitourinary Assessment
Mar19-23	Functional Assessment Bedside assessment techniques for OSCE	Musculoskeletal Assessment Functional Assessment
Mar.26-30	Complete Health Assessment x 2	Bedside Assessment
April 2-6	Complete Health Assessment and Pregnancy	OSCE - Bedside Assessment
April 9-13	Final Exam Review Final Exam	OSCE Repeats

## **STUDENT RESPONSIBILITIES:**

Overarching statements:

All students must practice in a manner that is consistent with:

- College and Association of Registered Nurses of Alberta. (2013). Entry-to-practice competencies for the registered nurse's profession. Edmonton, AB: Author. Retrieved from [http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN\\_EntryPracticeCompetencies\\_May2013.pdf](http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN_EntryPracticeCompetencies_May2013.pdf)
- College and Association of Registered Nurses of Alberta. (2013). Practice standards for regulated members with The Canadian Nurses Association code of ethics for registered nurses. Edmonton: Author. Retrieved from [http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/PracticeStandards\\_CNA\\_Ethics\\_2008.pdf](http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/PracticeStandards_CNA_Ethics_2008.pdf)
- Grande Prairie Regional College Student Calendar

## **STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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

## **Additional Information:**

### **Lab Experience:**

Students are required to prepare for the labs by reviewing the lab manual for the appropriate week/lab, doing the required readings, and ensuring they have received the associated lecture content. Any absences in lab must be reported to the instructor prior to the scheduled lab. The student is responsible for ensuring they receive the information from missed labs.

Along with learning assessments, students will practice professionalism in the lab setting and learn the foundations of a professional and ethical nursing practice. Confidentiality and privacy within the lab group is mandatory. Students must practice in a manner that is consistent with the College and Association of Registered Nurses of Alberta (CARNA) Entry to practice competencies for the registered nurse profession.

Please see Lab Manual for further information.

### **Withdrawal Date:**

Last date to withdraw with permission: March 6, 2018

**Assignment Policy:**

It is expected that **ALL** assignments must be completed to obtain credit in the course. Assignments are expected to be passed in at the time and place they are due. Extensions may be granted and must be negotiated with the instructor prior to the due date and with a date specified for late submissions.

A penalty of one alpha grade for each calendar day that an assignment is submitted after the due date will be deducted from the final mark (Please refer to the Late Assignment Policy posted on Moodle). For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. Late assignments are due by 08:30 and if submitted via drop box at the main office they must be verified (stamped with date and time) by Nursing office personnel.

When submitting assignments **electronically**, it is the **student's** responsibility to ensure the assignment has been received.

**Specialized Support and Disability Services:**

Students who require special accommodations in this course due to disability affecting mobility, vision, hearing, learning, mental, or physical health are advised to discuss their needs with Student Services Special Needs Councilor, at 780-539-2017, as soon as possible.