



DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES

COURSE OUTLINE – Winter 2016

NS1055: Introduction to Health Assessment– 4 (3-0-3) 90 Hours

Originally developed by the Clinical Experience Development Committee

Revised by the Learning Experiences Committee, April 2013

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Approved: May 2013

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See individual instructor for specific office hours. Extra meetings may be scheduled as needed

CALENDAR DESCRIPTION: NS1055 Introduction to Health Assessment (3-0-3). 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.

PREREQUISITE(S)/COREQUISITE: PZ 1515, NS 1035

REQUIRED TEXT/RESOURCE MATERIALS:

Required Resource Materials: (available on Moodle)

1. Graduate Competencies and Year End Outcomes
2. Health Assessment Assignment Guidelines and Grading Rubric
3. Nursing Student Handbook

Required Texts:

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.

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.

Stephen, T.C., Skillen, D.L., Day, R.A., & Jensen, S. (2013). *Canadian Jensen's Nursing Health Assessment: A Best Practice Approach*. Philadelphia: Lippincott, Williams & Wilkins

Stephen, T.C., Skillen, D.L., Day, R.A., & Jensen, S. (2013). *Laboratory manual for - Canadian Jensen's Nursing Health Assessment: A Best Practice Approach*. Philadelphia: Lippincott, Williams & Wilkins

American Psychological Association. (2010). *Publication manual of American Psychological Association*(6th ed., 3rd printing). Washington, DC: Author.

Canadian Nurses Association (2008). *Code of ethics for registered nurses*. Available online at <http://cna-aicc.ca>

DELIVERY MODE(S): Lecture and Lab

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.

LEARNING OUTCOMES:

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

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<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:

Evaluations / Examinations / Assessments:

Item	Due	Weighting
Quizzes (Computer Based)	Each Sunday by Midnight	30%
Health Assessment Assignment	April 8, 2015	35%
Final Exam	Exam Week (April 15 to 26)	35%
OSCE(Objective Standardized Clinical Exam)	Week 12	Pass / Fail

1. Quizzes (30%)

Each lab will have a weekly quiz associated with it. Quizzes are computer-based and accessed through the course Moodle site. The quizzes are intended primarily to understand key aspects of content and principles in the preparation for lab. Each quiz must be completed by midnight on Sunday, and will not be available after that for a grade score (grade will equal zero). Results from all quizzes will be combined to determine the overall quiz mark.

2. Health History Assignment (35%)

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.

4. Final Exam (35%)

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.

5. OSCE (Pass / Fail)

You will be tested on the neurological or abdominal assessment skills according to the criteria provided in the lecture and lab content of the course. You must attempt the OSCE when it is scheduled, and if needed will have two additional attempts to ensure your success. Signup sheet will be posted the week prior to OSCEs.

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-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

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:

WEEK	Proposed Topics, Activities, Assignments
1	Orientation
2	Lecture: Hand washing principles, AHS videos (donning and doffing), PPE, med-micro principles related to hand washing, introduction to techniques of physical exams, associated documentation and health history. Lab: Infection control principles, hand washing & PPE
3	Lecture: General Survey & Assessment of Vital Signs, Pain, Height and Weight, health history and documentation Lab: General Survey & Assessment of Vital Signs, Pain, Height and Weight
4	Lecture: Skin, Hair and Nails Assessment, Eyes & Ears assessment associated health history and documentation. Lab: Skin, Hair and Nails Assessment and Eyes & Ears Assessment
5	Lecture: Head and Neck with Lymphatics Assessment, Nose, sinuses, mouth and throat assessment, health history, and documentation. Lab: Head and Neck with Lymphatics Assessment, Nose, sinuses, mouth and throat assessment.
6	Lecture: Neurological Assessment, documentation, health history Lab: Neurological Assessment

7	Reading Week
8	Lecture: Thorax and Lungs Assessment, health history, and documentation Lab: Thorax and Lungs assessment
9	Lecture: Cardiovascular, lymphatic, and peripheral vascular assessment, health history and documentation. Lab: Cardiovascular, lymphatic, and peripheral vascular assessment
10	Lecture: Abdominal assessment, health history, and documentation Lab: Abdominal assessment
11	Lecture: Musculoskeletal and functional assessment, health history, and documentation Lab: Musculoskeletal and functional assessment
12	OSCE (Neurological or Abdominal – Random choice)
13	Lecture: Putting It All Together – Head to Toe assessment Lab: Head to Toe Assessment Simulation
14	Content – To Be Announced
15	Final Exam – During exam week (April 15, 2015 to April 26, 2015)

STUDENT RESPONSIBILITIES:

Overarching statements:

Students are responsible to familiarize themselves with Graduate Competencies and Year-End Outcomes (with Cross Reference to Courses) 2014-2015. Attention must be given to the competencies that are identified as being relevant to NS 1055.

Students must regularly refer to the document entitled Graduate Competencies and Year-End Outcomes Condensed Version 2014-2015. Attention must be given to the competencies that are identified as being relevant to NS 1055. This document serves as the basis for the evaluation of students' clinical practice.

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 nurses profession. Edmonton, AB: Author. Retrieved from 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
- Grande Prairie Regional College Student Calendar

All Policies Relating to NS 1055:

All GPRC Policies can be located at the following Website:

<http://www.gprc.ab.ca/about/administration/policies.html>

Lab Experiences:

Students are required to prepare for labs by reviewing the appropriate lab guide, doing the required readings, viewing assigned videos, and completing worksheets. At the end of each lab, students are responsible to demonstrate beginning proficiency and competence with each of the skills in the lab guide. Students are reminded that additional practice in addition to scheduled labs is necessary for skill development - this practice may occur at home or during regularly scheduled practice labs. Attendance at all labs is required and students are responsible to consult with their Lab Instructor to make up for missed labs.

Please refer to Moodle for information regarding specific labs including scheduled Practice Labs.

NOTE: Any absences in Lecture or Lab must be reported to the instructor *prior to the scheduled class.*

Lab attire: Students are expected to wear scrubs or lab coats to all labs. You are not permitted to wear scrubs to other classes, please be prompt when changing and be ready to start lab on time.

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.

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 Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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

Additional Information:

NS1055 Assignment Guidelines and Grading Rubrics

Health Assessment Assignment

This assignment is worth 35% of your final grade in this course

Select one patient (neighbor, family, or friend) and write-up their comprehensive health history. Include the following variables:

1. Identifying data. (Demographics)
2. Chief complaint (CC).
3. History of present illness (HPI).
4. Past medical history.
5. Family History
6. Personal and Social history (PFSH).
7. Health status, perceived barriers, and support.
8. Review of systems (ROS).

Clearly and comprehensively document a comprehensive health history, and present complete information required for all categories. Ensure the data is clear, detailed, and in-depth.

This history can be completed in the worksheet format provided

Also include a 5 page paper which addresses the purpose of all components of the health history. Also include the ethical considerations for protecting a person's rights related to data collected in the health history. Reflect on your areas of strength and areas for improvement in interviewing clients about their health history.

Prepare this portion of the assignment according to the APA guidelines.

1. Assessment as a guide.

Adult Health History:	Date/Time:
Identifying data:	
<i>Reliability:</i>	
Chief concern:	
History of Present illness:	
Past medical history:	
<i>Childhood illness and immunizations:</i>	
<i>Adult illnesses:</i>	
<ul style="list-style-type: none"> Medical: Surgical: OB/Gyn: Psychiatric: 	
<i>Health Maintenance:</i>	
<i>Screening Tests:</i>	
<i>Medications:</i>	
Family history:	
Personal and social history:	

Health Status, Perceived Barriers and Support

Review of systems:

General Health State:

Nutrition and Hydration:

Skin, Hair, and Nails:

Head and Neck:

Eyes:

Ears:

Nose, Mouth, and Throat:

Thorax and Lungs:

Heart and Neck Vessels:

Peripheral Vascular:

Breasts:

Abdominal-gastrointestinal:

Abdominal-urinary:

Musculoskeletal:

Neurological:

Male genitalia:

Female genitalia:

Anus, Rectum, and Prostate:

Endocrine and Hematological Systems: