

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

**NS 3680
Health Assessment
Credits 4(3-0-3)**

Course Outline

Fall 1996

Faculty

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

DEMONSTRATION & PRACTICE LABS:

H225

COMPUTER LABORATORY:

A301

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.

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.

COURSE OBJECTIVES:

Upon successful completion of this course the student will:

1. Conduct a health history interview which represents a comprehensive account of the patient's physical, psychosocial, spiritual and mental health status.
2. Demonstrate effective communication in interactions throughout the course.
3. Relate knowledge of anatomy and physiology to the physical examination.
4. Perform a physical examination on a well adult using appropriate assessment techniques.
5. Explain the rationale underlying the procedures used during the physical examination.
6. Identify, describe, and record expected and atypical findings of adult patients.
7. Draw inferences from the assessment findings and develop some conclusions about patient's health status.

COURSE REQUIREMENTS:

In order to obtain credit for Nursing 3680, students must pass the theoretical and laboratory components and the two assignments of the course. Students who have not received a pass in one of the three segments will not be given credit for the course and will be required, if readmitted, to repeat all the components of the course.

LEARNING METHODS:

The approach to learning the theory component is primarily through Computer-Managed Learning.

The computer managed instruction mode allows for individual progression throughout the course from Module A to Module N. However, there are limitations to individualization as designated modules (see Course schedule) must be completed in sequence on the computer prior to laboratory practice. For example, the computer will not allow you to skip from Module A to Module D. The computer will allow you to advance to next modular test when you have achieved mastery of a module, which is at least 80% of the modular test items answered correctly. The self-test scores that you obtain on each module will serve to test your learning progress. All modules (A-N) must be completed by **December 5, 1996**

The laboratory component of the course will commence with a demonstration of the procedures and techniques followed by a practice session and documentation of findings. Students will be grouped in pairs and act as a client for one another. **Attendance at laboratory sessions is required** in order to prevent jeopardizing the learning experience of your partner and to make appropriate use of designated faculty supervision time.

Should you wish to practice health assessment skills outside of regularly scheduled laboratory time you may gain access to the laboratory by making arrangements with Security. If prior arrangements are made, Security will give access to the labs whenever the facility is open.

REQUIRED TEXTBOOKS:

Bates, B.(1995). A guide to physical examination and history taking(6th ed.)
Toronto, On: J.B. Lippincott.

Skillen, D.L. & Day, R.A. (Eds.). (1995). Health assessment syllabus including a guide to computer-managed learning. Emonton, AB: University of Alberta.

RECOMMENDED TEXTBOOK:

Bates, B.(1995). A pocket guide to physical examination and history taking. (2nd ed.)
Philadelphia, PA: J.B. Lippincott.

EQUIPMENT:

- 1 penlight
- 1 black pen
- 1 stethoscope
- 1 watch with a second hand

EXAMINATION SCHEDULE:

Final Theory Exam Time and place TBA according to College Final Exam Schedule

Final Laboratory Exam Time and place TBA

ASSIGNMENTS:

#1 Health history documentation to be submitted by Oct. 9, 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.

#2 Physical Examination documentation and final summary to be submitted by December 5, 1996. Submit the health history with 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, tidy and 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.

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

METHOD OF EVALUATION:**1. Theory:**

Mastery must be achieved on the computer managed learning program.
The grade achieved will be worth **Mark Allocation 10%**

The documentation of a complete history and physical assessment of an adult will
comprise the assignment for this portion of the course.
Mark Allocation 30%

Final Examination: This will be a comprehensive examination covering all course
content. The examination will be primarily multiple choice.
Mark Allocation 40%

2. Laboratory:

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, minimum grade of 80% of the assessment skills in a practical examination.

Instructors will inform students of the possible units of examination prior to the
scheduled examination time.

Mark Allocation 20%

N.B. A REMINDER: UNDER COURSE REQUIREMENTS it is spelled out that a pass is
required in each component of the course in order to successfully complete the course.

Date	Lecture	Lab	Clinical
Sept. 4	Introduction to course	No	Students will find their own clients for AHA
Sept. 9 -13	Orientation to Computer and CML program	Health History, Documentation & Examination Techniques	Client Contact set up Health History
Sept. 16 - 20	Independent Study	Integumentary System	Health History will require minimum of
Sept. 23 - 27	Independent Study	Ears	two visits of 2 hours each to complete
Sept. 30 - Oct. 4	Independent Study	Eyes, Head & Neck	Practice with classmate
Oct. 7 - 11	Independent Study	Thorax and Lungs	Health History Assignment due Oct. 9, 1996
Oct. 14 - 18	Independent Study	Cardiovascular System	Physical Assessment start on client
Oct. 21 - 25	Independent Study	Breasts and Axillae	Practice with classmate
Oct. 28 - Nov. 1	Independent Study	Abdomen	Practice with classmate
Nov. 4 - 8	Independent Study	Male and Female Genitalia & the Anus & Rectum	You will need more than one visit to your client to complete PHA
Nov. 11 -15	Independent Study	Review	
Nov. 18 - 22	Independent Study	Musculoskeletal System	Complete PHA
Nov. 25 - 29	Independent Study	Neurological System	
Dec. 2 -6	Independent Study	Putting it together	Assignment due Dec.5

Assignment #1 Due October 9, 1996

Assignment #2 Due December 5, 1996