



# Course Syllabus

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**Department** : Nursing Science  
**Course Title** : Health Assessment  
RNSG\_1215\_620  
**Section Name** :  
RNSG\_1215\_6  
**Start Date** : 01/18/2011  
**End Date** : 05/13/2011  
**Modality** : FACE-TO-FACE  
2  
**Credits** :  
**Certification Agency:** Tx. Board of Nursing (BON)

## Instructor Information

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**Name** : Zassar Gatson  
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**OC Phone #** (432) 335-6333  
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**Cell #** (432) 349-3052

## Course Description

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COURSE DESCRIPTION: Development of skills and techniques required for a comprehensive health assessment within a legal/ethical framework.

1. Explain the health status and health needs of clients based upon interpretation of health data. (PO1).
  - a. Relate the health assessment of the client to the norm.

- b. Demonstrate appropriate physical assessment skills.
- c. Interpret assessment findings as normal or abnormal, by age groups.
- d. Relate anatomy and physiology to assessment findings.
- e. Contrast subjective and objective data in the assessment and history taking.

2. Demonstrates basic decision making skills by using clinical data and current literature as a basis for determining nursing diagnoses and appropriate interventions. (PO2)
- a. Summarize and demonstrate appropriate interview techniques for history data gathering.
  - b. Demonstrate appropriate interview techniques, using a caring approach, in the simulated lab using a peer partner.

In the role of Member of Profession:

3. Explain actions appropriate to this level of knowledge that show accountability and responsibility for the quality of nursing care provided to clients. (PO12)
- a. Demonstrate accurate nursing documentation of the assessment and history taking interview.
  - b. Represent the profession in a manner which reflects positively on self and nursing. (Lab affective behaviour).

## Prerequisites/Corequisites

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**Prerequisites:** BIOL 2401 or consent of department.

**Corequisite:** BIOL 2402 or program admission with RNSG 1105, RNSG 1201, RNSG 1309, RNSG 1341, RNSG 1160 and RNSG 1260.

**Course Placement:** FIRST SEMESTER OF NURSING PROGRAM; MAY BE TAKEN PRIOR TO PROGRAM ADMISSION

## Scans

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SCANS 1, 2, 5, 6, 9, 10, 11

## Course Objectives

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UNIT ONE

## Chapter One

1. Contrast medical diagnosis with nursing diagnosis.
2. Discuss the expanded concept of health and relate it to the process of data collection.
3. Relate the patient situation to the amount of data collected.
4. Relate the patient age and health status to the frequency of health assessment.
5. Consider life cycle and transcultural factors when performing a health assessment.
6. Discuss the importance of assessment skills.

## Chapter Two

1. Describe expected physical, psychosocial, cognitive, and behavioural milestones of a patient based on developmental age.
2. Differentiate developmental stages for each group.
3. Consider growth and developmental stage when evaluating health data.

## Chapter Three

1. Describe the basic characteristics of culture, cultural competence, and the cultural assessment.
2. Discuss areas of potential cultural conflicts between nurses and patients of different ethnic groups.
3. Discuss components of the health belief system and their influence on health practices and illness expressions.
4. Provide care that reflects an acceptance of the patient as a unique individual.

## Chapter Four

1. Demonstrate the ability to establish the parameters for a health interview.
2. State facilitators and blockers of effective communication.
3. Use the outlined communication techniques appropriately to gather data.
4. State the ten traps of interviewing.
5. Discuss the meaning of common nonverbal modes of communication.
6. Modify communication techniques as indicated by each patient's developmental stage, special needs, or cultural practices.

## Chapter Five

1. State the purpose of the complete health history.
2. List the categories of information contained in a health history.
3. Describe the data or information that must be gathered for each category of a health history.
4. Describe the eight characteristics included in the summary of each patient symptom.
5. Relate the developmental considerations to be addressed during a health history for an older adult.

## Chapter Six

1. Define the behaviours that are considered in an assessment of a person's mental status.
2. Describe relevant developmental considerations of the mental status examination.
3. State the purpose of a mental status examination.
4. List the four components of mental status assessment.

## Chapter Seven

1. Recognize health care professionals as mandatory reporters of abuse.
2. Discuss the health effects of violence.
3. Describe the use of the Abuse Assessment Screen (AAS) when one is screening for intimate partner violence.
4. Discuss the importance and procedures for both written and photographic documentation

of intimate partner violence and elder abuse.

#### Chapter Eight

1. Describe the use of inspection, palpation, percussion, and auscultation as physical assessment techniques.
2. Differentiate between light, deep, and bimanual palpation.
3. Discuss appropriate infection control measures used to prevent spread of infection.
4. Describe direct and indirect percussion.

#### Chapter Nine

1. List the information considered in each of the four areas of a general survey: physical appearance, body structure, mobility, and behaviour.
2. Discuss physical measurements of weight and height.
3. Describe various route of temperature measurement and special considerations for each route.
4. Describe rate and rhythm when assessing pulses.
5. Describe appropriate procedure for assessing normal respirations.
6. Describe the relationships among the terms blood pressure, systolic pressure, diastolic pressure, and pulse pressure.
7. List factors that affect blood pressure.
8. Relate the use of a blood pressure cuff of improper size to the possible findings that may be obtained.

#### Chapter Ten

1. Define pain.
2. Compare acute and chronic pain.
3. Describe the initial pain assessment.
4. Compare available pain assessment tools
5. Compare acute and chronic pain behaviours.

#### Chapter Eleven

1. Define nutritional status
2. State the purpose of a nutritional assessment.
3. Describe the components of a nutritional assessment.
4. Use anthropometric measures and laboratory data to assess the nutritional status of patients.

#### Chapter Twelve

1. Relate the anatomical structures of the skin to its functions.
2. Describe the differentiation between normal and abnormal skin color for various ethnic groups.
3. State the significance of skin tone changes.
4. Complete an assessment of hair, skin, and nails, using appropriate technique.
5. Describe the ways of documenting clinical findings of the skin examination.
6. Discuss important information to obtain during the review of systems and the significance of the information.

### UNIT TWO

#### Chapter Thirteen

1. Describe the significant features of the head.

2. Identify the structures and landmarks of the neck.
3. List the names of the lymph nodes of the neck and their locations.
4. Describe the assessment that would follow the palpation of an abnormal lymph node.
5. Complete an assessment of the head and neck using appropriate technique.
6. Describe the ways of documenting the head and neck examination.
7. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Fourteen

1. Identify the external anatomical features of the eye.
2. Define pupillary light reflex, accommodation, and external ocular movements.
3. Perform a visual acuity examination using the Snellen eye chart.
4. Describe and complete an assessment of the eye using appropriate technique.
5. Describe the ways of documenting clinical findings for the eye examination.
6. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Fifteen

1. List the anatomical landmarks of the ear.
2. Describe the tympanic membrane and its anatomical landmarks.
3. List the functions of the middle ear.
4. State the functions of the middle ear that can be assessed.
5. Describe the whisper, Rinne, and Weber tests.
6. Complete an assessment of the ears using appropriate technique.
7. Describe the ways of documenting clinical findings for the ear.
8. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Sixteen

1. Name the functions of the nose, mouth, and throat.
2. Describe the nasal cavity.
3. Name the paranasal sinuses and their functions.
4. Describe the examination of the nose, throat and mouth.
5. Complete an assessment of the nose, throat, and mouth.
6. Describe the ways of documenting clinical findings for the nose, mouth and throat.

### UNIT THREE

#### Chapter Seventeen

1. Identify breast anatomy.
2. Describe the composition of breast glandular tissue.
3. Relate the changes that occur in Cooper's ligaments with cancer.
4. Describe the ways of documenting clinical findings from a breast examination.
5. Describe the anatomy of the breast lymphatic system.
6. Describe the procedure for teaching breast self-examination.
7. Describe the procedure for performing breast examination.
8. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Eighteen

1. Name the components of the thoracic cage.
2. Describe the surface landmarks on the thorax.
3. List the contents of the mediastinum.

4. Describe the borders of the lung.
5. Describe the anatomic demarcation of the five lobes of the lungs.
6. Describe the pleura and its function.
7. Describe correct inspection, auscultation, percussion and palpation techniques for the lung assessment.
8. Describe how to assess anterior posterior to transverse diameter.
9. Describe the ways of documenting clinical findings for the lung examination.
10. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Nineteen

1. List the anatomical features of the heart.
2. Relate the name of the heart to the physiological cause.
3. Relate anatomical structures to the correct landmark or anatomical location.
4. Describe the characteristics of heart sounds.
5. Cite the risk factors associated with heart disease and stroke.
6. Describe correct inspection, auscultation, percussion, and palpation techniques for the heart assessment.
7. Describe the ways of documenting clinical findings for the heart assessment.
8. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Twenty

1. Relate the structure and functions of arteries and veins.
2. List the pulses accessible to examination.
3. Describe the mechanisms that keep blood moving toward the heart in the venous system.
4. Relate the structure and functions of the lymph vessels.
5. Describe correct assessment techniques for the peripheral vascular system and lymphatic system.
6. Describe the ways of documenting the clinical findings for the peripheral vascular system and lymphatic system.
8. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Twenty-one

1. Identify the organs located within each of the four quadrants.
2. Identify pertinent topics that must be reviewed during the abdominal part of the interview.
3. Employ measures that will enhance abdominal wall relaxation.
4. Employ the correct sequence of examining techniques.
5. Interpret findings obtained during the inspection, auscultation, percussion, and palpation portions of the examination.
6. Describe the ways of documenting the clinical findings for the abdominal examination.
7. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Twenty-two

1. List the functions of the musculoskeletal system.
2. List the three types of muscles and their movements.
3. Differentiate between synovial and nonsynovial joints.
4. Describe the shape and surface landmarks of the spine.
5. Describe the location and function of the various joints in the body.

6. Discuss the developmental considerations regarding the musculoskeletal system.
7. Describe the ways of documenting the clinical findings for the musculoskeletal exam.
8. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Twenty-Three

1. Name the two parts of the neurological system.
2. Describe the various functions of the central nervous system.
3. Describe the function of the peripheral nervous system.
4. Relate the name and function of each of the 12 cranial nerves to its assessment.
5. Relate the term dermatome to the spinal nerves.
6. Describe the autonomic nervous system.
7. Differentiate between the three types of neurologic examinations.
8. Describe the ways of documenting the clinical findings for the neurological system.
9. Discuss important information to obtain during the review of systems and the significance of the information

#### Chapter Twenty-Four

1. List the structure of the male genitals.
2. Name the major structures of the penis.
3. Discuss the importance of teaching testicular self-examination and what to teach.
4. Describe the ways of documenting the clinical findings for the male genitalia examination.
5. Discuss important information to obtain during the review of systems and the significance of the information.

#### Chapter Twenty-Five

1. Summarize the anatomy of the anus and rectum.
2. Describe the prostate gland.
3. Outline structures that can be examined via the rectum.
4. Describe age-related considerations for examination of anal, rectal, and prostate structures.
5. Describe the ways of documenting the clinical findings for the examination.
6. Discuss important information to obtain during the review of systems and the significance of the information.

#### Chapter Twenty-Six

1. List the external structures of the female genitalia.
2. Describe the structures of the internal female genitalia.
3. Describe age-related considerations for examination of anal, rectal, and prostate structures.
4. Describe the ways of documenting the clinical findings for the examination.
5. Discuss important information to obtain during the review of systems and the significance of the information.



PLEASE PUT YOUR DEPARTMENT SPECIFIC INFORMATION IN THIS AREA

## Required Readings/Materials

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### Textbooks:

You must purchase the following **required** reading/materials: Jarvis, Carolyn (2004). *Physical Examination & Health Assessment*. (5<sup>th</sup> Ed.) Saunders: St. Louis

### Supplies Required:

Stethoscope  
Penlight  
Black Ink Pen  
Five number F-288-ERI-L Par score Scantron answer sheet  
Number 2 pencil  
watch (**with a second hand**)

Ja You are encouraged to buy the following **OPTIONAL books/materials**:

Ja Jarvis, Carolyn (2004). *Student Laboratory Manual for Physical Examination & Health Assessment*. (5<sup>th</sup> Ed.) Saunders: St. Louis.

Jarvis, Carolyn, (2004). *Pocket Companion for Physical Examination & Health Assessment*. (5<sup>th</sup> Ed.) Saunders: St. Louis.

## Course Requirements (Lectures, Assignments and Assessments)

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### TEACHING/LEARNING METHODS:

The following methods may be incorporated into RNSG 1215: Lecture, demonstration and practice, return demonstration, audio-visual aids, technological instructional modalities, class discussion, reading assignments, and other written assignments.





**Topic/Overview:**





## Summary of Week 1- 16 Assignments & Activities

Item(Name)	Type	Description	Due
<b>Begin Unit One</b>	Read Chapters 1,4, 5 & 6	Critical Thinking, Interview, Complete Health Hx. & Mental Health	January 18/19/11
<b>Cont. Unit One</b>	Chapters: 7,8,9	Domestic Violence, Assessment Technique Lab: General Survey	January 25/26/11
<b>Begin Unit Two</b>	Chapter 12	Lab: Skin	Feb. 1/2/11
<b>Cont. Unit Two</b>	Chapters; 13 & 14	Lab: Head Neck & eyes	Feb. 8/9/11
<b>Cont. Unit Two</b>	Chapters: 15 & 16	Lab: Ears, Nose, Mouth, Throat, Lymph & PERRLA Ck off PEN Lights	Feb. 15/16/11
<b>Begin Unit 3</b>	Chapter: 17	Breast Lab	Feb. 22/23/11
<b>Cont. Unit 3</b>	Chapters: 18 & 21	Lab: Lungs & Abdomen	March 1/2/11
<b>Cont. Unit 3</b>	Chapters: 19 & 20	Lab: Heart & Peripheral Vascular System	March 8/9/11
		<b>Spring Break March 15/16</b>	
<b>Begin Unit 4</b>	Chapter: 22	Lab: Musculoskeletal (Exam #3)	March 22/23/11
<b>Cont. Unit 4</b>	Chapters: 23, 24, 25, & 26	Lab: Neuro, Female/Male Genitalia/Peri Areas	March 29/30/11
<b>Practice</b>	Lab Practice	<b>Lab: Practice one Mandatory</b>	April 5/6/11
<b>Practice</b>	Lab: Practice	<b>Lab: Practice Two Mandatory</b>	April 12/13/11
<b>Final CK Off</b>	Final Check Offs	<b>Final CK Offs Mandatory</b>	April 19/20/11
<b>Final CK Offs</b>	Final CK Offs	<b>Final CK Offs Mandatory</b>	April 26/27/11
<b>Final Exam</b>	<b>GOOD LUCK</b>	<b>Final Exam 6pm: April 10, 2011</b> <b>Final Exam 1:30pm April 11, 2011</b>	April 10/11/11









## Grading Policy





Each week, I will provide grades or scores and comments on assignments within 6 days of when they were submitted. After I send feedback each week, I will post a notification in the **Main** forum.

Late assignments receive a 10% deduction for each day they are late if assignments are not posted by 11:59 p.m. central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.



**EVALUATION AND GRADING:**



Unit exams (4) =

60%

Final Exam: 3 components

Return Demonstration (head-to-toe Final check-off) = 20%

Demonstration Write-up =

5%

Final Exam (multiple choice questions)

= 15%

= 100%

In the event a student does not receive a grade of 80% on the demonstration, one additional opportunity will be provided for the demonstration prior to the Final Exam. Students repeating the demonstration portion of the final exam will receive a maximum grade of 80. Students are responsible for contacting the instructor to schedule repeat demonstrations. The assessment write-up and the written portion of the final exam *cannot* be repeated.







**Please check the syllabus and Blackboard for any updates or changes during the course.**



The student must attain an average of 75 or above on the combination of unit examinations and the final examination, PLUS a grade of 80 or above on the demonstration of the physical assessment in order to pass the course.

## **COURSE POLICIES**



Students will frequently be using other students for their lab partners and this will involve some touching of each other. No student will remove his or another clothes at any time.





If you are enrolled in the first semester of the nursing program, this course must be successfully completed for progression to second semester.



Attendance Policy: Students are responsible for all material presented or assigned in this course.

Punctual attendance is essential and is expected for success in this course when taken on campus.

Classroom/on-site laboratory attendance policy for the assessment class will follow the same guidelines listed in the college catalogue. This policy states that any student who misses as much as 20 percent of scheduled class time in any semester should review his or her standing in the class with the instructor and determine whether to continue in class or withdraw. Note that since nursing students may be enrolled in more than one nursing course in a given semester, the faculty interprets the college policy as 20 percent of scheduled class/laboratory in any given nursing course in any semester. The ability to meet course objectives may be seriously jeopardized for students missing 2-3 days of classroom/laboratory instruction in any course.

**If a student decides to withdraw from a class, he or she must comply with the deadlines published in the college's calendar. Withdrawal from the course will be the responsibility of the student.**







## Absence from Examinations

In the event of extreme circumstances, one unit exam may be made up. If absent for another exam, the student needs to obtain a physician's excuse for the absence (or other pertinent documentation). The instructor must be contacted **BEFORE THE TIME OF THE EXAM** and a time scheduled for the make-up exam. **YOU MUST LEAVE A MESSAGE IF THE INSTRUCTOR IS NOT THERE**. You may notify me by phone at 335-6333. You must include your phone number or it will not consider a valid notification and you will not be able to make-up. I will call you to discuss circumstances and make-up testing. Each student must give the instructor notification of when they plan to take the make-up exam. Make-up examinations will be sent to the testing center. The make-up period for the exam will be up to one week after the exam is given. For example, if the test is given at 8 AM on Thursday, you will have until 8 AM on the following Thursday in which to make it up. You must arrive at least 2 hours before their closing time to take the test. It is your responsibility to know the testing center hours and comply with their schedule and rules. After this time period, if the test has not been made up, your grade for the test will be zero. If you know ahead of time that you will be unavoidably absent from a test, please make arrangements with the instructor for taking the test. The instructor may choose to change the test questions or the format of the tests.

**Electronic Devices during an exam:** Mobile phones, or any other communication device (e.g. pagers, iPods, MP3 players) must be turned off during class. Students use mobile phones during class will be asked to leave class. Any use of mobile phones, recording devices, electronic readers, or scanning technologies or other communication device during an exam or quiz will result in a score of zero (0) for that exam.





**LABORATORY COMPONENT:**



The laboratory component is designed to give each student the opportunity to practice the data collection methods, assessment techniques and skills, and the documentation procedures that are taught in the didactic portion of the course. This laboratory component is graded on a Satisfactory or Unsatisfactory basis. There will be instructor generated work sheets to guide the laboratory learning experiences. If you complete all of the lab work sheets COMPLETELY and turn them in, you will receive a satisfactory for that lab day. Lab work sheets that are not filled out completely will receive an unsatisfactory and must be corrected and resubmitted. Failure to complete all of the laboratory work sheets will result in a grade of I (incomplete) for the course. You must turn in all of the COMPLETED worksheets in order to receive a grade for the course. The Laboratory Instructor will post times for open practice. Students are encouraged to utilize opportunities to practice skills and/or ask questions. The student should follow instructions provided by the course instructors. **All missed labs will have to be made up . You will have to make an appointment with the Laboratory Instructor. The practice check-offs are mandatory.**

***You and a student partner will sign-up for the final assessment check-off. You are expected to be present at this important part of your evaluation. Rescheduling is not available due to limited time and space for final check-offs. You must have a stethoscope and penlight. You must give the instructor your Final evaluation forms for the check-off and the written portion before you begin.***





*You will be allowed to use two 5x7 cue cards during your final assessment check-off. This is optional. You may not read the cards. They are to be used for reference only. Failure to use for reference only will result in a lower grade. If your cue cards do not meet the stated criteria, you will proceed with your check-off without the cards.*









## **PRACTICE ASSESSMENTS**







Each student will be required to do 2 complete assessments from head-to-toe and write them to be turned in. You will be given a copy of the assessment check sheet to use with each one of these assessments. Students will be permitted to check off other students, however, the instructors will be circulating in the room in order to monitor the assessments and to offer suggestions and/or corrections wherever required. Students will use a different partner for each of the assessments. Failure to do each of these practice assessments will result in an INCOMPLETE for the course. ***The practice assessments MUST be performed during laboratory time with laboratory instructors present. The practice assessments must be completed before the final assessment check-off is performed.***



Percentage %	Grade
90-100	A
80 - 89	B
75 - 79	C
74.99 - 60	D
< 60	F



# Student Contract



I have read the course syllabus for RNSG 1215\_620 or RNSG 1215\_6, the Odessa College Handbook, and the Nursing Department Student Handbook. I understand the requirements, grading policies, and attendance policies for the theory and clinical portion of this course.









I have in my possession information regarding Declaratory Orders. I understand that it is my responsibility to apply for a Declaratory Order from the Texas Board of Nursing if there is any question about my being eligible to take the NCLEX-RN examination. I further understand that the fee required for petitioning for a Declaratory Order is subject to change.







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Student's  
Signature

Date







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Instructor's  
Signature

Date













## Special Needs



Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.









## Learning Resource Center (Library)

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian "](#) service provide additional help.







**Student E-mail**



Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**



## Student Portal



Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**





## Technical Support



For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).



## **Important School Policies**

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).