

Virginia Western Community College

NUR 226

Health Assessment

Prerequisites

Corequisite(s): NUR 111 and NUR 135. Pre/Corequisite(s): HLT 141 and SDV 100.

Course Description

Introduces the systematic approach to obtaining a health history and performing a physical assessment. The systematic approach is patient centered and evidence based.

Semester Credits: 2

Lecture Hours: 2

Lab/Clinical/Internship Hours: 0

Required Materials

Shadow Health software program, ISBN: 9780989788816

Ralph, Sheila S., Taylor, Cynthia M., (2013). *Sparks and Taylor's Nursing Diagnosis Pocket Guide*. (2nd Edition). Philadelphia, PA: Lippincott Williams & Wilkins. ISBN: 9781451187465

Hogan-Quigley, B., Palm, M. L., Bickley, L. (2016). *Bates' Nursing Guide to Physical Examination and History Taking*. (2nd Edition). Philadelphia, PA: Lippincott Williams & Wilkins. ISBN: 9781496305565

Recommended Text:

Bickley, Lynn S. (2016). *Bates' Pocket Guide to Physical Examination and History Taking*. (8th Edition). Philadelphia, PA: Lippincott Williams & Wilkins. ISBN:9781496338488

ShadowHealth: Digital Clinical Experience. ISBN: 9780989788816

Course Objectives

After completion of this course, the student will be able to:

- **Safety:** Demonstrate safe use of contemporary technology in nursing practice.
- **Patient centered care:** Perform comprehensive client assessment by collecting information from multiple sources to achieve positive client outcomes
- **Critical thinking:** Utilize critical thinking skills in health assessment of adult and geriatric patients
- **Teamwork:** Share assessment findings appropriately within interdisciplinary healthcare teams to ensure safe provision of care.
- **Evidence based practice:** Use evidence-based information from nursing and natural sciences to perform physical assessment of adult and geriatric clients.
- **Informatics:** Demonstrate effective use of information technology to communicate and support clinical decision making to achieve positive health outcomes.
- **Culture:** Discuss the impact of cultural, social, economic, legal and political factors in the delivery of health care to clients and their families.

Topical Description

Unit I

Introduction to Health Assessment
Interviewing and Communication
The Health History
Cultural and Spiritual Assessment
General Survey
Practice Interviewing

Unit 2

The Integumentary System Assessment
Musculoskeletal Assessment
Head and Neck Assessment
Ears, Nose, Mouth, and Throat Assessment

Unit 3

Respiratory Assessment
Cardiovascular Assessment
Peripheral Pulse Assessment

Unit 4

Vascular and Lymphatic System Assessment
The Breasts and Axillae Assessment

Unit 5

The Gastrointestinal and Renal Systems Assessment
Reproductive Systems Assessment
Anus, Rectum, and Prostate Assessment
Abdominal Assessment

Unit 6

Eyes Assessment
Neurologic Assessment
Comprehensive Assessment

Special Projects

Cultural Fair
Cultural Assessment Group Presentations

Note to Instructors