

# Virginia Western Community College

## NSG 200

### Health Promotion and Assessment

**Prerequisites:** BIO 141: Human Anatomy and Physiology I or NAS 161: Health Science I or BIO 231 Human Anatomy and Physiology I; ENG 111 College Composition 1; SDV 100 College Success Skills; PSY 230 Developmental Psychology; acceptance into AAS Nursing degree program; CPR BLS for Healthcare Professional

**Co-requisites:** NSG 100 Introduction to Nursing Concepts; NSG 106 Competencies for Nursing Practice; NSG 130 Professional Concepts I.

**Pre/co requisites:** BIO 142 Human Anatomy and Physiology I, or NAS 162 Health Science II, or BIO 232 Human Anatomy and Physiology II

#### **Course Description**

Introduces assessment and health promotion for the individual and family. Includes assessment of infants, children, adults, geriatric clients and pregnant females. Emphasizes health history and the acquisition of physical assessment skills with underlying concepts of development, communication, and health promotion. Prepares students to demonstrate competency in the assessment of clients across the lifespan. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments.

**Semester Credits: 3**

**Lecture Hours: 2**

**Lab/Clinical/Internship Hours: 3**

#### **Required Materials**

##### **Textbook:**

CoursePoint Premium first year access code. **ISBN: 9781975115807**

Lab Manual for Weber Health Assessment - 9781451195293

Brunner & Suddarth's Text of Medical-Surgical Nursing. Hinkle, Janice L. 14<sup>th</sup> Edition.  
ISBN: 9781496355157

Taylor *Fundamentals of Nursing* 9e - 9781496362179

Maternity & Pediatric Nursing. Ricci, Susan S. 3<sup>rd</sup> Edition. ISBN: 9781451194005

Focus on Nursing Pharmacology. Karch. 8e - 9781975100964

Psychiatric Mental Health Nursing. Videbeck. 8e - 9781975116378

Essentials of Pathophysiology. Porth. 5<sup>th</sup> edition - 9781975107192

Health Assessment in Nursing. Weber, Janet R. & Kelley, Jane H. 6<sup>th</sup> Edition. ISBN: 9781496344380

Leadership Roles and Management Functions in Nursing. Marquis. 10<sup>th</sup> edition - 9781975139216

vSim for Maternity/Pediatrics. Lippincott. ISBN: 9781496327819

Shadow Health: Undergraduate Health Assessment Access Code. ISBN: 9780989788816

##### **Supplementary Materials:**

Kaplan Resources

Stethoscope

Manual BP cuff

## **Course Outcomes**

**At the completion of this course, the student should be able to:**

- Use therapeutic communication, caring behaviors and client self-determination when completing a health history and physical assessment.
- Report patient safety issues and potential health risks in the performance of health assessment across the lifespan.
- Perform basic physical assessment across the lifespan.
- Identify differences in assessment techniques in clients of varying ages and stages of development.
- Assess factors contributing to health promotion and lifestyle choices.

## **Topical Description**

### Communication Concept:

- Communication theories
- Interviewing skills
- Therapeutic Communication
- Exemplars to include: health history, electronic health record and documentation

### Development Concept:

- Developmental assessment: infant, child, adolescent, adult, geriatric client
- Exemplars: developmental delay in the child, developmentally challenged adults

### Health Promotion/Adherence/Motivation Concept:

- Response to illness
- Self-management
- Motivational theories
- Exemplars: risk factor modification: smoking cessation, exercise, diet, and vaccinations across the lifespan

### Assessment Techniques:

- Inspection, Palpation, Percussion, Auscultation across the lifespan
- Vital signs

### Cognition Concept:

- Assessment of mental status

### Tissue Integrity Concept:

- Assessment of the skin
- Temperature measurement

### Perfusion Concept:

- Assessment of cardiovascular system

- Blood pressure and pulse measurement
- Assessment of the lymphatic system

Gas Exchange Concept:

- Assessment of the respiratory system
- Respiration and pulse oximetry measurement

Elimination Concept:

- Assessment of the gastrointestinal and urinary systems

Mobility Concept:

- Assessment of the musculoskeletal system

Intracranial Concept:

- Assessment of neurological system

Sensory Perception Concept:

- Assessment of the head, neck, nose, mouth and throat
- Assessment of the eyes and ears

Reproduction Concept:

- Assessment of the genitalia
- Breast assessment
- Assessment of the pregnant female

**Note to Instructors**