

Oakland University School of Nursing

Health Assessment for Professional Nursing Practice

**NRS 2131 (208)
CRN #10467**

Faculty:

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Assistant Professor**

Winter 2018

COURSE NUMBER: NRS 2131 (208) – CRN #10467

CREDIT & HOUR ALLOCATION:	<u>Credits</u>	<u>Hrs/Wks</u>	<u>Total Hours Semester</u>
Lecture	3	3 X 14	42

COURSE TITLE: Health Assessment for Professional Nursing Practice

CLASS TIME & LOCATION: Wednesday, 8:00 am –10:30 am
5045 Human Health Building (HHB)
January 3, 2018 – April 25, 2018

FACULTY OF RECORD: Julia Paul, Ph.D., RN, ACNS-BC, CCRN, CWS, NP
Assistant Professor
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PREREQUISITES/CO-REQUISITES

Co-requisites: NRS 2133 (209)

Prerequisites or Co-requisites: PSY 225 & NRS 2111 (206)

COURSE OVERVIEW

This course will introduce students to the roll of the professional nurse in performing a holistic health assessment/physical examination with individuals across the lifespan. Students will acquire knowledge that facilitates therapeutic, professional communication to elicit subjective data from individuals and/or their families/significant others; collect objective data; and validate, analyze and document the data correctly. Teaching methods will include lecture, discussion, demonstration, and active learning exercises.

COURSE OBJECTIVES

1. Explore effective therapeutic communication methods used by professional nurses to perform a holistic health assessment/physical examination.
2. Identify appropriate methods of data collection needed to perform a holistic health assessment on individuals and their families/significant others.
3. Recognize health deviations when performing a holistic health assessment/physical examination.
4. Examine the influence of culture, lifestyle, family, environment, developmental stage, etc. on the findings obtained during a health assessment/physical examination.

ESSENTIAL CONTENT

Effective therapeutic communication skills

Perform a health assessment/physical examination on individuals across the lifespan

TECHNICAL REQUIREMENTS

All e-Learning courses at Oakland University are delivered using a learning management system called Moodle that allows instructors to design entire courses online or to enhance a classroom-based course. The Moodle software resides on a server allowing students to access it via a web browser, e.g. Mozilla, Firefox. Each course is uniquely designed by the instructor who may include some of the following components in his/her web-based or web enhanced course: course syllabus, course material/content, course assignments, quizzes/tests, hyperlinks to other websites on the Internet and/or other OU web pages, discussion boards, Internal email, and the course grade book.

Logging into Moodle

Students login to Moodle with their NetID (oakland.edu email) account password. Please remember that anytime you change your NetID password, it will be reflected in your Moodle login.

- Open the Moodle Login page: <https://moodle.oakland.edu>
- Log-in using the first part of your NetID username and password, e.g. if your email is jwilson3@oakland.edu then:
 - Username: jwilson3
 - Password: whatever your Oakland University email password is

If you have any problems/issues with Moodle, you need to contact or fill out a help desk request form for e-Learning and Instructional Support.

To view course materials in MOODLE you will need the latest version of Adobe Reader that can be downloaded free of charge at www.adobe.com

REQUIRED TEXTBOOKS

Jarvis, C. (2016). *Physical examination & health assessment* (7th ed.). St. Louis: Elsevier.
ISBN: 978-1-4557-2810-7

REQUIRED SUPPLIES

For each written examination, you will need to have:
1 #2 pencil with eraser

Note: Tape recorders are not permitted in class.

RESOURCES

The following links provide resources for the course:

<https://evolve.elsevier.com/>

- Jarvis Textbook Resources

<https://www.oakland.edu/>

- Nursing Education in Video in Library

<https://web03.oakland.edu/nursing/>

- Assessment Videos
- Lippincott Williams & Wilkins
- Bates' Guide to Physical Examination (4th Ed)

COURSE REQUIREMENTS

1. Attendance at all class meetings. The student is responsible for all content presented in lecture.
2. Reading of assigned material prior to each class.
3. Completion of all Body System Quizzes on Moodle within the assigned dates and times.
4. Completion of all evaluation measures.

ASSIGNMENTS

Readings are required as assigned.

Weekly quizzes are open during the week and are due ahead of class. Once the due dates and times have passed, the quizzes cannot be completed.

Each student will complete a Genogram for an assigned classmate. This assignment will be completed outside of lecture or lab time. Ten percent will be deducted for each day late, with the due date counting as a late day if submitted after class.

EVALUATION TECHNIQUES

Lecture evaluations will be based on three written exams, Body System Quizzes, the Genogram, and a genomics survey. Each written exam will be worth 100 points. The three examinations are worth a total of 75% of the final grade. Each Body System Quiz will be worth 10 points. Body system quizzes are not considered examinations. The weekly quizzes are worth a total of 15% of the final grade.

The Genogram is homework which must be submitted by the due date and time to receive credit. This assignment will be worth 5% of the final grade and may take several weeks for grading to be complete.

Class attendance will count toward 5% of the final grade, so that 7 % of the attendance score is deducted for each unexcused absence.

Calculation of the final course grade will be determined by the following:

Examination #1:	25%
Examination #2:	25%
Final Exam	25%
Homework:	
• Body System Quizzes	15%
• Genogram	5%
• <u>Class attendance</u>	5%
Total:	100%

Students must earn an average of at least 70% on the three examinations to receive a grade of 2.5 or above for the course.

Students must receive a total course score of 70% to receive a grade of 2.5 or above for the course.

Failure to achieve a 2.5 in NRS 2131 will result in the need to repeat the entire course. All students are directed to student handbooks for the School of Nursing “Grade Point Policy” and Grade Conversion Scale.

EXAMINATION GUIDELINES

Examination Administration

Examination dates are located in the lecture outline. To ensure a favorable testing environment all textbooks, backpacks, and personal belongings will be placed on the floor in front of the testing room. It is the student’s responsibility to read and follow the instructions on the test booklet. No baseball caps, hats, or beverages of any kind are permitted during the exam. Students are to keep answer sheets covered. Students are responsible for monitoring their own test-taking time so that tests are completed during the allotted time. After turning in the examination booklet and answer sheet, students will **not** be permitted to return to the examination room until **all** students have completed the exam. University policy regarding academic dishonesty will be enforced.

Make-up exams will be only given in extenuating circumstances and may be essay-type exams. No exams will be given early. The student must notify the instructor at least 20 minutes prior to the scheduled exam period if he/she is unable to take an exam. The student must call the School of Nursing (248)370-4085 to notify faculty of absence.

Students that arrive 20 or more minutes late for an exam **WILL NOT** be able to sit for the exam and will be given 0 points for the exam grade. There will be no exceptions unless the faculty has been notified before the 20-minute deadline.

All students are directed to the student handbook for the School of Nursing’s “Policies and Procedures for Progression, Retention and Dismissal.” Please refer to the last page of Part A of the course syllabus for the School of Nursing Grade Conversion.

Review of Examinations

Results of exams will be shared with students on the Moodle website for NRS 2131. Students will have two weeks after the examination to review an exam. This is by appointment to review the Student Test Printout and the Exam Answer Key Booklet. No challenges will be accepted during this time. This is ONLY to review the examination material. Students should send an email to the instructor to schedule an appointment for review. Appointments will be scheduled based on student and faculty availability.

Students receiving a score of 76% or less on an examination are expected to make appointments to review their exams.

MEETING DATES AND TIMES

The class takes place from 8:00 AM until 10:30 AM on Wednesdays. See the course schedule and reading/activities list.

ATTENDANCE POLICY

Regular and punctual attendance in class is expected and is a component of experiential learning. As such it is imperative that students maintain a perfect or near perfect record of attendance. Students are advised to attend all classes to demonstrate professional accountability and responsibility. While credit will not be given for attendance, tardiness and/or failure to report to class can result in a lowering of the final course grade.

ACADEMIC CONDUCT POLICY

Cheating on examinations, plagiarism, falsifying reports/records, and unauthorized collaboration are considered serious breaches of academic conduct. The Oakland University policy on academic conduct will be strictly followed with no exceptions. For more information visit the Oakland University Academic Conduct Policy at <http://catalog.oakland.edu/content.php?catoid=20&navoid=1553>.

SPECIAL CONSIDERATIONS

Students with disabilities who may require special considerations should contact Oakland University's Disability Support Services office at (248)370-3266 or DSS@oakland.edu. They should also contact the instructor as soon as possible so that any required arrangements can be made.

COMMUNICATION

Contact me in person or via e-mail (jcpaul@oakland.edu) with any questions or concerns. I check my e-mail daily Monday through Friday, but may not check so often on weekends or holidays. Please do not expect me to respond to e-mails if I am out of town.

Course Schedule with Reading List and Activities for NRS 2131

Date	Lecture Content	Lecture Readings and Activities
<p>Week 1 1/3/2018</p>	<p>Course Introduction General Survey - Health History Interviewing Assessment Techniques Pain Assessment</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables, and figures associated with content 	<p>Course Syllabus: Part A and Part B Chapter 1 Chapter 3 Chapter 4 Chapter 8 Chapter 9: pages 127-131 Chapter 10</p> <p>Review New Terms Evolve Website – Complete Applicable Student Resources</p> <p>Moodle Quiz: General Survey, Health History, Genogram, Physical Exam Techniques, Pain Assessment</p> <ul style="list-style-type: none"> • Quiz opens: January 3, 2018, at 10:30 AM • Quiz closes: January 10, 2018, at 8:00 AM
<p>Week 2 1/10/2018</p>	<p>Skin, Hair & Nails</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Read Chapter 12</p> <p>Review New Terms Evolve Website – Complete Chapter 12 Student Resources</p> <p>Moodle Quiz: Skin, Hair Nails</p> <ul style="list-style-type: none"> • Quiz Opens: January 10, 2018, at 10:30 AM • Quiz Closes: January 17, 2018, at 8:00 AM
<p>Week 3 1/17/2018</p>	<p>Head - Face – Neck - Eyes - Ears– Nose – Mouth– Throat</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Read Chapters 13, 14, 15, and 16</p> <p>Review New Terms Evolve Website – Complete Student Resources for Chapters 13, 14, 15, and 16</p> <p>Moodle Quiz: Head, Neck, Eye, Ear, Nose, Neck Throat</p> <ul style="list-style-type: none"> • Quiz Opens: January 17, 2018, at 10:30 AM • Quiz Closes: January 24, 2018, at 8:00 AM

Course Schedule with Reading List and Activities for NRS 2131

Date	Lecture Content	Lecture Readings and Activities
<p>Week 4 1/24/2018</p>	<p>Exam #1 Content: General Survey, Health History, Physical Exam Techniques, Pain Assessment, Skin, Hair, Nails, Face, Head, Face, Neck, Eyes, Ears, Nose, Mouth and Throat</p>	<p>Genogram due at the start of class at 8:00 AM: Review Chapters 1, 3, 4, 8, 9, 10, 12, 13, 14, 15, and 16 Review lecture notes Review New Terms Review Student Resources on Evolve Website Review Moodle Quizzes</p>
<p>Week 5 1/31/2018</p>	<p>Breasts and Regional Lymphatics Thorax and Lungs</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Read Chapters 17 and 18 Review New Terms Evolve Website - Complete Chapters 17 and 18 Student Resources Moodle Quiz: Lungs and Respiratory System</p> <ul style="list-style-type: none"> • Quiz Opens: January 31, 2018, at 10:30 AM • Quiz Closes: February 7, 2018, at 8:00 AM
<p>Week 6 2/7/2018</p>	<p>Heart and Neck Vessels</p> <ul style="list-style-type: none"> • Follow Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Read Chapter 19 Review New Terms Evolve Website: Complete Chapter 19 Student Resources Moodle Quiz: Heart</p> <ul style="list-style-type: none"> • Quiz Opens: February 7, 2018, at 10:30 AM • Quiz Closes: February 14, 2018, at 8:00 AM

Course Schedule with Reading List and Activities for NRS 2131

Date	Lecture Content	Lecture Readings and Activities
<p>Week 7 2/14/2018</p>	<p>Abdomen</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Chapter 21</p> <p>Review New Terms Evolve Website - Complete Chapter 21 Student Resources</p> <p>Moodle Quiz: Abdomen and Gastrointestinal System</p> <ul style="list-style-type: none"> • Quiz Opens: February 14, 2018, at 10:30 AM • Quiz Closes: February 28, 2018, at 8:00 AM
<p>Week 8 2/28/2018</p>	<p>Exam #2</p> <p>Breasts and Regional Lymphatics</p> <p>Thorax and Lungs</p> <p>Heart and Neck Vessels</p> <p>Abdomen</p>	<p>Review Chapters 17, 18, 19, and 21</p> <p>Review lecture notes</p> <p>Review New Terms</p> <p>Review Student Resources on Evolve Website</p> <p>Review Moodle Quizzes</p>
<p>Week 9 3/7/2018</p>	<p>Peripheral Vascular System and Lymphatic System</p> <p>Peripheral Vascular System</p> <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	<p>Text: Read Chapter 20</p> <p>Review New Terms</p> <p>Evolve Website: Complete Applicable Student Resources</p> <p>Moodle Quiz: Peripheral Vascular System</p> <ul style="list-style-type: none"> • Quiz Opens: March 7, 2018, at 10:30 AM • Quiz Closes: March 14, 2018, at 8:00 AM

Course Schedule with Reading List and Activities for NRS 2131

Date	Lecture Content	Lecture Readings and Activities
Week 10 3/14/2018	Musculoskeletal System <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	Text: Chapter 22 Review New Terms Evolve Website - Complete Chapter 22 Student Resources Moodle Quiz: Musculoskeletal System <ul style="list-style-type: none"> • Quiz Opens: March 14, 2018, at 10:30 AM • Quiz Closes: March 21, 2018, at 8:00 AM
Week 11 3/21/2018	Mental Status Neurological System <ul style="list-style-type: none"> • Follow lecture outline for content • Review all boxes, tables and figures associated with content 	Text: Chapters 5 and 23 Review New Terms Evolve Website - Complete Chapters 5 and 23 Student Resources Moodle Quiz: Neurological System <ul style="list-style-type: none"> • Quiz Opens: March 21, 2018, at 10:30 AM • Quiz Closes: March 28, 2018, at 8:00 AM
Week 12 3/28/2018	Neurological System (cont.) Genitourinary System and Anal, Rectal and Prostate <ul style="list-style-type: none"> • Lecture outline posted on Moodle • Review all boxes, tables and figures associated with content 	Continue above readings and activities Text: Chapters 24, 25, and 26 Review New Terms Evolve Website - Complete Chapter 24, 25, and 26 Student Resources Moodle Quiz: Mental Status/GU <ul style="list-style-type: none"> • Quiz Opens: March 28, 2018, at 10:30 AM • Quiz Closes: April 4, 2018, at 8:00 AM
Week 13 4/4/2108	The Complete Health Assessment: Putting It All Together <ul style="list-style-type: none"> • Lecture outline posted on Moodle 	Chapters 27, 28, 29, and 31
Week 14 TBA (likely 4/25/2018)	Final Exam Peripheral Vascular System, Mental Health, Neurological, Musculoskeletal, GU/Rectal/Prostate, and Putting It All Together: All Course Content	Review Chapters 5, 20, 22, 23, 24, 25, 26, 27, 28, 29, and 31. Review PowerPoints Review new terms Review Student Resources on Evolve Website Review Moodle Quizzes

Oakland University School of Nursing
NRS 208 Health Assessment

Health History and Genogram

The Health History and Genogram will be performed with your assigned partner outside of lecture and lab time. Information which you collect is from your partner (your “patient”). A score of zero will be awarded for persons who submit information documented by the “patient.”

Complete the Genogram following the example in the Jarvis textbook on page 53 and guidelines as given in class. The Genogram can be hand-written. If I cannot read your work, you will not receive credit for it.

Submit the Genogram at the start of class on the due date. These are paper versions.

Directions for the Genogram:

1. Complete the Genogram for your “patient” using instructions on page 53 of the Jarvis text and with guidelines as given in class.
 2. Use the sample as a guide.
 3. Depict relationships of the family members to the patient (e.g., mother).
 4. Include family members as far back as grandparents (three generations).
 5. Include any family members’ chronic conditions or causes of death.
 6. List age or age at time of death and health condition(s) for each family member.
- Only full points will be granted. Partial points will not be granted.

Remember you are preparing for the role of a Registered Nurse. Ask questions and be inquisitive about your patient’s history. Ask for clarification if necessary. Make sure your statements all make sense.

Grading Criteria for Genogram

Genogram

1. Diagram
2. Genders appropriately depicted
3. Ages placed appropriately
4. Health conditions placed appropriately

Genogram	Possible Points	Actual Points
1. Diagram		
- Patient identified	1	
- Relationships accurately conveyed	1	
2. Genders	1	
3. Ages	1	
4. Health conditions	1	

Grade Calculation Worksheet

Example Grade Calculation:

Assignment	Weight	Percentage	Calculation	Points / Percent
Exam #1	25%: 0.25	72%: 72.00	$0.25 \times 72.00 = \rightarrow$	18.00
Exam #2	25%: 0.25	88%: 88.00	$0.25 \times 88.00 = \rightarrow$	22.00
Final Exam	25%: 0.25	92%: 92.00	$0.25 \times 92.00 = \rightarrow$	23.00
Genogram	5%: 0.05	100%: 100.00	$0.05 \times 100.00 = \rightarrow$	5.00
Weekly Quizzes	15%: 0.15	90%: 90.00	$0.15 \times 90.00 = \rightarrow$	13.50
Attendance	5%: 0.05	100%: 100.00	$0.05 \times 100.00 = \rightarrow$	5.00
Final Grade				86.50%

Your Grade Calculation:

Assignment	Weight	Percentage	Calculation	Points / Percent
Exam #1	25%: 0.25			
Exam #2	25%: 0.25			
Final Exam	25%: 0.25			
Genogram	5%: 0.05			
Weekly Quizzes	15%: 0.15			
Attendance	5%: 0.05			
Final Grade				

**Oakland University School of Nursing
GRADE CONVERSION**

<u>PERCENTAGE</u>	<u>GPA</u>
95.00-100.00	A
90.00-94.99	A-
85.00-89.99	B+
80.00-84.99	B
75.00-79.99	B-
70.00-74.99	C+
65.00-69.99	C
60.00-64.99	C-
55.00-59.99	D+
50.00-54.99	D
0.00-49.99	F

Approved Faculty Assembly 2/15/18
UCOI approval 3/30/17