

COURSE CONTENTS:

UNIT 01: INTRODUCTION TO HEALTH ASSESSMENT CONCEPTS:

By the end of the unit, learners will be able to:

- Discuss the need for health assessment in general nursing practice.
- Explain the concepts of health, assessment, data collection, and diagnosis.
- Identify types of health assessments
- Document health assessment data using a problem oriented approach.

INTERVIEWING SKILLS AND HEALTH HISTORY:

By the end of the unit, learners will be able to

- Explain the purpose, process & principles of interviewing.
- Describe the content and format used to obtain a health history.
- Discuss the process of investigating positive findings during the health history.
- Practice obtaining and recording a client health history.
- Practice utilizing therapeutic skills with a student partner.
- Identify strengths and weaknesses via observation of a videotaped interaction and self/peer analysis.
- Interview patient in clinical (CIN / AHN) and collect feedback from colleagues and faculty about use of therapeutic communication.

UNIT 02: INTRODUCTION TO PHYSICAL EXAMINATION & GENERAL SURVEY:

By the end of the unit, learners will be able to

- Identify the general principles of conducting an examination.
- Identify the equipment needed to perform a physical examination.
- Describe the appropriate technique of inspection, palpation, percussion & auscultation.
- Discuss the procedure & sequence for performing a general assessment of a client.
- Compose a statement which reflects an overall impression of a client's health status.
- Discuss the guidelines for documenting physical examination.
- Document the PE findings of patients in PE documentation sheet on an ongoing basis

UNIT 03: ASSESSMENT OF THE SKIN, HEAD & NECK:

By the end of the unit, learners will be able to

- Describe the component of health history that should be elicited during the assessment of skin, head & neck.
- Describe specific assessments to be made during the physical examination of the above systems.
- Apply braden scale to assess the bed sores of patient
- Document findings.
- Describe age related changes in the above systems & differences in assessment findings.

UNIT 04: ASSESSMENT OF NOSE, MOUTH & PHARYNX:

By the end of the Unit, learners will be able to:

- Describe the component of health history that should be elicited during the assessment of nose, mouth and pharynx.
- Identify the structural landmarks of the nose, mouth and pharynx.
- Describe specific assessments to be made during the physical examination of the above systems.

Document findings.

UNIT 05: ASSESSMENT OF THE ABDOMEN, ANUS & RECTUM:

By the end of the unit, learners will be able to

Discuss the pertinent health history questions necessary to perform the assessment of Abdomen, Anus and Rectum.

Describe the specific assessment to be made during the physical examination of the abdomen.

Discuss components of a rectal examination.

Document findings.

List the changes in Abdomen that are characteristics of aging process.

UNIT 06: ASSESSMENT OF PERIPHERAL VASCULAR & MUSCULOSKELETAL SYSTEM:

By the end of the unit, learners will be able to

Discuss the pertinent health history question necessary to perform the assessment of Peripheral Vascular System (PVS) and Musculoskeletal System (MS) system.

Discuss critical observations to assess PVS.

Assess musculo - skeletal functions including muscles strength, symmetry, size, contour, ROM and its characteristics.

Document findings.

List the changes in the given systems that are characteristics of aging process.

UNIT 07: ASSESSMENT OF THORAX AND LUNGS:

By the end of the unit, learners will be able to

Describe the components of health history that should be elicited during assessment of respiratory system.

Describe the following:

Chest contour and symmetry Respiratory

rate and pattern Tactile fremitus

Chest expansion Density of

lung fields

Diaphragmatic excursion

Auscultated lung sounds

Assess the respiratory system including inspection, palpation, percussion and auscultation.

Document findings.

List the changes in respiratory system that are characteristics of aging process.

UNIT 08: ASSESSMENT OF CARDIOVASCULAR SYSTEM:

By the end of the unit, learners will be able to

Describe the components of health history that should be elicited during the assessment of cardiovascular system.

Identify the landmarks of the chest.

Describe the following:

Pulse rate, rhythm and pulsation characteristics PMI

Heart sounds

Discuss systolic and diastolic murmurs.

Assess the cardiovascular system systematically.

Document findings.

List the changes in cardiovascular system that is characteristics of aging process.

UNIT 09: ASSESSMENT OF THE BREAST, AXILLA & GENITALIA:

By the end of the unit, learners will be able to

1. Discuss the history questions pertaining to male and female breast and Genitalia assessment.
Perform a breast examination including axillary nodes and interpret findings.
Discuss components of a genital exam on a male or female.
Review components of a comprehensive reproductive history.
Document findings.
List the changes in breast, male & female genitalia that are characteristics of aging process.

UNIT 10: ASSESSMENT OF THE EYES, & EARS:

By the end of the unit, learners will be able to

Identify the component of health history necessary for the examination of eye & ear.

Describe the following:

Eye structure and position Upper

and lower eyelids Gross visual

perception

Characteristics of the cornea, sclera, pupil, and lens fundi.

Peripheral fields

Color, shape, and location of auricle External ear

canal and tympanic membrane Gross hearing

Perform the examination of eye and ear.

Document findings.

List the changes in eye and ear that are characteristics of aging process.

UNIT 11: ASSESSMENT OF THE MENTAL STATUS AND SENSORY NEURO SYSTEM

By the end of the unit, learners will be able to

Perform mental status examination of a client.

Assess cranial nerve, sensory, sense of proprioception and cerebellar functions and deep tendon reflexes.

Document findings.

List the changes in the nervous system that are characteristics of the aging process.

UNIT 12 : ASSESSMENT OF THE An Elderly

Client By the end of the unit, learners will be able to

Describe the common structural changes brought on by aging in various body systems.

Recognize the geriatric syndrome.

Discuss the variations in history taking for an elderly client.

Examine elderly client by modifying examination techniques.

Describe assessment abnormalities in elderly clients.

Describe how communication should be varied to communicate with elderly clients

UNIT 13: ASSESSMENT OF THE PEDIARTRIC

CLIENT By the end of the unit, learners will be able to

Discuss how children differ in structure and function from adults and how these differences affect physical assessment.