

**ARKANSAS TECH UNIVERSITY
DEPARTMENT OF NURSING**

**NUR 4991
Health Assessment Competency**

Course Syllabus



Dr. Shelly Daily

And

Mrs. Jennifer Coleman

Spring 2020

Course: NUR 4991

Title: Health Assessment Competency

Credit Hours: ONE (1) HOUR

Course Description

The course assesses Health Assessment competency the student has completed the prior semester(s) but unable to progress to the next Level/Clinical. *The course is self-directed and faculty strongly encourage the student to attend class (NUR 3303 when possible) to review theory and guided practice in lab.* Practice is available in the Health Assessment lab. The course provides guidance in specific assessment techniques and enables the student to recognize normal findings throughout the life cycle.

Objectives:

The objective of the Health Assessment competency course (NUR 4991) is attempting to prove competency.

Student Learning Outcomes: On successful completion of this course, the nursing student will be able to:

1. Apply techniques to perform a complete head to toe physical examination.
2. Analyze relevant normal and abnormal findings for a health history and a physical examination.
3. Define the role of Electronic Health Records in Health Assessment.
4. Apply the techniques of inspection, palpation, percussion and auscultation to assess the client.
5. Consistently utilize the language of assessment in describing health findings when documenting or describing the client's health status.
6. Relate developmental care for a health history and physical examination of a child, older adult or pregnant woman.
7. Demonstrate and interpret a head to toe physical assessment on an adult.

Justification/Rationale for the Course:

1. By the completion of this course the student will progress toward student learning outcomes 1,2,3, 4 and 5.
2. This upper division professional nursing course provides opportunities for the student to apply knowledge and skills from the general education component and from nursing courses to the care of individuals.

Disability Statement:

Arkansas Tech University adheres to the requirements of the Americans with Disabilities Act in order to prevent barriers to academic accessibility. If you need an accommodation due to a disability, please contact the ATU Office of Disability Services, located in Doc Bryan Student Center, Suite 171, or visit <http://www.atu.edu/disabilities/index.php>.

Student Responsibility:

1. The student is required to contact the level coordinator/Health Assessment instructors no later than the first day of class.
2. Health Assessment Competency requirements will be provided by the Health Assessment instructors at the beginning of the semester.

Health Assessment competence can be attained by:

1. Passing a cumulative Health Assessment exam (75%).
2. Passing a Head to Toe Physical Assessment (75%).

Evaluation:

Grading scale:

A - 90-100
B - 80-89
C - 75-79
D - 68-74
F - 67 or below

Course Grade:

Exam-----50%
Physical Assessment- 50%
100%

1. Students must achieve a grade of "C" or above must be achieved in every nursing course in order to progress in the nursing program. Any grade below 75% will not be rounded up.
2. A grade of "I" may be recorded for a student who has not completed all the requirements of a course because of illness or other circumstances beyond the student's control, provided work already completed is of passing quality. For all nursing courses "passing quality" is defined as a grade of 75% or above on previously completed work. Before a grade of "I" may be recorded, the student and the instructor must determine course requirements to be completed and the completion date. This information is to be documented by completing the ATU Incomplete Grade Agreement contract.

Academic Honesty:

Must follow Department and University policies.

Required Resources:

ISBN 9780323510806 (Jarvis, 2020). *Physical Examination and Health Assessment*
8th ed., Elsevier

Faculty:

Shelly Daily

Office: Dean Hall 224 H

Office Hours: Posted on bulletin boards

Phone: 964-0583 x4654

e-mail: sdaily@atu.edu

Jennifer Coleman

Office: Dean Hall 224 A

Office Hours: Posted on bulletin board

Phone: 964-0583 x4652

e-mail: jcoleman@atu.edu

Physical Assessment Checklist			
	2 pts	1 pts	0 pts
General Survey and Mental Status	-	-	-
1. Introduce yourself to patient and verify patient with arm band.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Assess LOC and orientation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Assess appropriate verbal responses and clear speech.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Head and Face</i>			
1. Inspect/palpate scalp and hair.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Assess face for symmetry (smile, frown, blow out cheeks, and raise eyebrows. (CN VII).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Test sensations of forehead, cheeks and chin. (CN V)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Eyes</i>			
1. EOM (CNIII,IV,VI) (Diagnostic Positions Test)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Inspect external eye (lids, lashes, conjunctiva, sclera, cornea, iris).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. PERRLA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use ophthalmoscope to inspect for red reflex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Ears</i>			
1. Inspect & palpate auricle, tragus and mastoid process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use otoscope to inspect auditory canal and tympanic membrane.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Test hearing. (whisper test) CNVIII	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Nose and Sinuses</i>			
1. Inspect external nose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Check patency of airflow through nostrils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use light source to inspect turbinates, septum and mucosa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Palpate frontal and maxillary sinuses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Mouth and Throat (Use a light as appropriate)</i>			
1. Inspect lips, teeth, gums, mucosa and tongue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Observe uvula and soft palate rise on phonation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Inspect tonsils and assess for gag reflex (CN IX)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<i>Neck</i>			
1. Inspect appearance of neck for symmetry and Test ROM of neck.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Correctly palpate preauricular, postauricular, occipital, tonsillar, submandibular, submental, superficial cervical, deep cervical, posterior cervical and supraclavicular nodes. (Verbalize)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Palpate carotid arteries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Auscultate carotid arteries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Heart</i>			
1. Inspect and palpate for apical impulse (note PMI location), auscultate apical heart rate. (Verbalize)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Auscultate over aortic area, pulmonic area, Erb's point, tricuspid area and mitral. (diaphragm)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Auscultate over aortic area, pulmonic area, Erb's point, tricuspid area and mitral. (bell)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Auscultate apex of heart as client lays on left side.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Abdomen</i>			
1. Inspect abdomen. (contour, umbilicus, peristalsis, and pulsations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Auscultate abdomen x 4 quads.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Palpate abdomen (light and deep)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Assess for rebound tenderness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Assess for CVA (Costovertebral Angle Tenderness) tenderness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Lungs</i>			
1. Observe AP:T, accessory muscle use, and assess skin turgor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Evaluate chest expansion at T9 or T10 (noting symmetry)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Auscultate anterior/lateral chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Auscultate posterior/lateral chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Upper Extremities</i>			
1. Check skin for color, temperature, texture, moisture, & lesions bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Palpate brachial and radial pulses bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Assess capillary refill, contour and color of fingernails bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Test biceps, triceps or brachioradialis DTR's bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Test active, full ROM and strength in two joints bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<i>Lower Extremities</i>			
1. Check skin for color, temperature, texture, moisture, & lesions bilateral and hair distribution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Check edema in lower tibia and feet bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Palpate dorsalis pedis and posterior tibial pulses bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Capillary refill bilat, contour and color of toenails bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Test patellar (quadriceps) or achilles DTR's bilat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Test active full ROM and strength in two joints bilat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Test sensations – light touch to feet (top and bottom)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Observe gait or Perform heel-to-shin test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total		/100	