



**KING SAUD UNIVERSITY**  
**College of nursing**

**NURS 221**  
**HEALTH ASSESSMENT**

**COURSE SYLLABUS**

**1<sup>ST</sup> SEMESTER, ACADEMIC YEAR 2020 – 2021 G/1442 H**

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**Credit Hours:** 4 (2+4+0)

**Prerequisites:** ANAT 202

**Classroom:** nursing lab

**Days and hours of class meetings:** Thursday 10 -1

**Instructor contact information:** Alwah Alkathiri

**Email:** [aalkathiri@ksu.edu.sa](mailto:aalkathiri@ksu.edu.sa)

**Office Hours:** By appointment

**Course Description:**

This course provide students with competencies necessary to assess individual health status during health and illness. Throughout this course, students are directed to use effective communication skills to collect data about health history, conduct comprehensive physical examination and document findings.

**Instructional Methods:**

Lecture, Discussion, Problem Solving, Case Study, Lecture Demonstration, Return Demonstration

**Required Texts:**

D' Amico, D. Health & Physical Assessment in Nursing, 3<sup>rd</sup> Ed. (2016). Pearson, Cloth. ISBN-10: 0133876403 • ISBN-13: 9780133876406

**Required Articles:**

None.

**Recommended Resources:**

1. Bickley L. S. & Hoekelman R (2011). Bates guide to physical examination and history taking. Philadelphia: J.B. Lippincott Company
2. Jarvis C. Physical Examination and Health Assessment. St. Louis 7<sup>th</sup> Ed. (2015). Missouri, Saunders Elsevier.
3. Kluwer, Wolters (2009) Assessment an Incredibly Easy Pocket Guide. Lippincott Williams & Wilkins. 2<sup>nd</sup> Ed. 2009
4. Mosby's Nursing Video Series Physical Examination & Health Assessment DVD-ROM. Mosby Elsevier.
5. Wilson, S.P. Giddens J.F.(2013). Health Assessment for Nursing Practice. Mosby Elsevier. 5th Edition.
6. Wilson, S.P. Giddens J.F... Health Assessment for Nursing Practice. Mosby Elsevier. 2009. Edition: 4th. ISBN: 978-0-323-05322-8.

**Course Goals:**

The goal of this course is to identify health assessment principles and techniques accentuating on the development of therapeutic communication skills and assessment of health individuals across the lifespan. The focus is on the use of general and specialized assessment skills as a basis for clinical decision making and develop the students' performance for identifying actual and potential health problems which is an alteration of a health response as a first step of the nursing process, the core of the nursing practice.

**Goals for Student Learning:**

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

1. Identify the principles and elements of a comprehensive health history and interview techniques in assessing the health status of an individual;
2. Describe the developmental and functional variations that influence the health conditions of individuals across the lifespan;
3. Recognize the importance of acquiring the knowledge and skills of the four fundamental techniques of health assessment (inspection, palpation, percussion and auscultation).
4. Explain the rationale of the basic concepts applied in conducting a complete, thorough and systematic physical examination (head to toe assessment) among adult clients.
5. Differentiate normal and abnormal findings discovered during the physical examination.
6. Perform a complete, thorough and systematic physical examination (head to toe) among adult clients.
7. Associate relevant anatomical structures used as landmarks in physical assessment.
8. Develop critical thinking skills to be able to conduct a systematic health assessment utilizing simulated clinical scenarios.

9. Analyze the findings to apply the appropriate judgement of the information obtained utilizing critical thinking skills;
10. Engage in a consistent evaluation of the patient's health condition utilizing the documented significant findings from the assessment data while integrating the knowledge of the nursing process;
11. Apply patient safety at all times in performing the physical examination procedure.
12. Document all findings accurately utilizing a standard format.

## Course Requirements:

### Assignments:

#### 1. Quizzes (7%):

A quiz will be given on a scheduled week during the semester and will cover content that has been taught in class. Since the material in this course is cumulative, the quizzes may also require knowledge of all material studied in the course prior to the quiz. **There will not be any make-up quizzes.** If a student is absent for a quiz, a grade of zero will be recorded. The lowest quiz score will be dropped. I will notify you in advance if any quiz dates will be changed.

#### 2. Exams

a. **Theory: MIDTERM 1 - 20 %; FINAL - 25% (TOTAL = 45 %)**

b. **Practical: MIDTERM 1 = 12.5%; MIDTERM 2 = 12.5%; FINAL - 15% (TOTAL = 40%)**

Examinations will be given at scheduled class times during the semester. Exam content will be based upon material addressed in the assigned text, assigned readings, class assignments and in-class content. There are no make-up exams; any exception should be discussed with me at least 48 hours in advance of the exam.

#### 3. Analysis Assignments (8%)

Students will be given 1 analysis assignments to be completed during the semester. The assignments will be a group activity/individual work which will be completed independently and submitted by the required due date. **There will not be any make-up assignments.** If you do not submit the assignment by the required due date, a grade of zero will be recorded.

**Attendance:** Students are expected to attend every class. Students are responsible for all announcements and any content covered in each class.

**Classroom behavior:** This class will be conducted in an atmosphere of mutual respect. It is expected that cell phones will be muted during class. No student will be permitted to respond to text messages during class. Students who show disrespect to the professor or their classmates will be told to leave the room for the remainder of that class period.

Other Policies or Expectations:

**Attendance:**

**A – THEORY** – During ONLINE classes, students are expected to attend each class and log in 15 minutes prior to the schedule time to ensure that the lecture starts on time. Monitoring of attendance will be done through the Blackboard Collaborate. Students shall be responsible for all announcements and any content covered in each class.

**B- PRACTICAL** – Classes for the practical part of the course will be in the simulation laboratories. Procedure guide, performance checklists and links to videos for each system shall be given to the students to enhance learning of skills. Students are instructed to utilize the educational library for Clinical courses (Nursing for Clinical key application from Elsevier) and other identified support instructional materials through the KSU digital Library. Students are responsible for all lectures or announcements and any content covered in each class.

**Classroom behavior:**

**A – THEORY** – An interactive lecture/discussion shall be carried out throughout the online class and the students are encouraged to actively participate in the online discussion. Students must always make sure that she / he is connected so that classes will not be missed. Student’s microphone will remain muted during the class but will have an option to unmute in times especially in activities that require to do so.

**B – PRACTICAL** – During the laboratory schedule for practical, students must report personally at the assigned simulation lab on their prescribed uniform following guidelines of physical distancing, wearing of mask, face shields practicing frequent hand washing / hand hygiene and other preventive measures against transmission of the corona virus.

**Class Schedule:**

Wk. No.	Date	THEORY	READINGS	PRACTICAL	READINGS
1	August 30 – Sept 3, 2020	<b>1. Introduction to the course</b> <ul style="list-style-type: none"> <li>➤ Context of Health Assessment</li> <li>➤ Cultural and Safety Considerations</li> <li>➤ Communication, Interview</li> </ul>	<b>Chapter 1</b> ( pp. 4 – 10)  <b>Chapter 4</b> (pp. 69-82) <b>Chapter 7</b> (pp. 112 – 125)	<b>Skill 1: Introduction to the course</b>	<b>Chapter 1</b> ( pp. 4 – 10)  <b>Chapter 4</b> ( pp. 69-82) <b>Chapter 7</b> (pp. 112 – 125)
2	Sept 6 – 10, 2020	<b>2. General Survey and Health History</b> <ul style="list-style-type: none"> <li>➤ General Survey ( Physical Appearance, Mental Status, Mobility, Patient Behaviour)</li> </ul>	<b>Chapter 10</b> (pp. 157 – 170) <b>Chapter 12</b> (pp. 186 – 206)  <b>Chapter 8</b> (pp. 126 – 142)	<b>Skill 2: Obtaining a Comprehensive Health History, General Survey</b>  <b>Skill 3: Equipment, Techniques and</b>	<b>Chapter 10</b> (pp. 157 – 170) <b>Chapter 12</b> (pp. 186 – 206)  <b>Chapter 8</b> (pp. 126 – 142)

		<ul style="list-style-type: none"> <li>➤ Measurement (Height and Weight Measurement)</li> <li>➤ Vital Signs</li> <li>➤ Nutritional Status (BMI, Skinfold Measurements)</li> <li>➤ Health History ( Comprehensive Health History Format )</li> </ul> <p><b>3. Physical Assessment Techniques</b></p>	<b>Chapter 9</b> ( pp. 144 – 156)	Clinical Setting Orientation	<b>Chapter 9</b> ( pp. 144 – 156)
3	Sept 13 - 17,2020	<b>4. Assessing Skin, Hair and Nails</b>	<b>Chapter 13</b> (pp. 210 -259)	Skill 4: Physical Examination of the <b>Integumentary System</b>	<b>Chapter 13</b> (pp. 210 -259)
4	Sept 20- 24,2020	<b>5. Assessing the Head and Neck</b> <i>Quiz</i>	<b>Chapter 14</b> ( PP. 261 – 288) <b>Chapter 15</b> (pp. 289 – 328) <b>Chapter 16</b> (pp. 329 – 370)	Skill 5: Physical Examination of the <b>Head and Neck</b> (eyes, ears, nose, mouth, throat & sinuses)	<b>Chapter 14</b> ( PP. 261 – 288) <b>Chapter 15</b> (pp. 289 – 328) <b>Chapter 16</b> (pp. 329 – 370)
5	Sept 27- Oct 1,2020	<b>6. Assessing the Thorax and Lung</b>	<b>Chapter 17</b> ( pp. 371 – 420)	Skill 6: Physical Examination of the <b>Respiratory System</b>	<b>Chapter 17</b> ( pp. 371 – 420)
6	Oct 4-8 , 2020	<b>7. Assessing the Cardiovascular and Peripheral System</b>	<b>Chapter 19</b> (pp. 451 – 498) <b>Chapter 20</b> (pp.499-528)	Skill 7: Physical Examination of the <b>Cardiovascular and Peripheral System</b>	<b>Chapter 19</b> (pp. 451 – 498) <b>Chapter 20</b> (pp.499-528)
7	Oct 11-15, 2020	<b>8. Assessing the Breast and Lymphatic System</b>	<b>Chapter 18</b> (pp. 421-448)	<b>MIDTERM 1</b>	
8	Oct 18 - 22 2020	<b>9. Assessing the Abdomen</b>	<b>Chapter 21</b> (pp. 533-573)	Skill 8: Physical Examination of the <b>Breast and Lymphatic System</b>	<b>Chapter 18</b> (pp. 421-448)
9	Oct 25 - 29 2020	<b>10. Assessing the kidney, bowel and bladder</b>	<b>Chapter 22</b> (pp. 576-602)	Skill 9: Physical Examination of the <b>Gastrointestinal</b>	<b>Chapter 21</b> (pp. 533-573)

				System	
<b>10</b>	<b>Nov 1-5 , 2020</b>	<b>MIDTERM EXAMINATION</b>		<b>Skill 10:</b> Physical Examination of the Urinary System	<b>Chapter 22</b> (pp. 576-602)
<b>11</b>	<b>Nov 8-12 2020</b>	<b>11. Assessing Musculoskeletal Function</b>	<b>Chapter 25</b> (pp. 685-742)	<b>MIDTERM 2</b>	
<b>12</b>	<b>Nov 15-19 2020</b>	<b>12. Assessing Mental Status, Neurological and Sensory</b>	<b>Chapter 26</b> (pp. 745 – 792)	<b>Skill 11:</b> Assessing the Musculoskeletal System	<b>Chapter 25</b> (pp. 685-742)
<b>13</b>	<b>Nov 22 -26 , 2020</b>	<b>13. Complete Health Assessment</b>	<b>Chapter 29</b> (pp. 861-867)	<b>Skill 12:</b> Mental Status Assessment and Neurological Assessment	<b>Chapter 26</b> (pp. 745 – 792)
<b>14</b>	<b>Nov 29-Dec 3, 2020</b>	<b>ANALYSIS ASSIGNMENT PRESENTATION (ONLINE)</b>		<b>Skill 13:</b> Head to Toe Assessment ( review of all systems) and Documentation	<b>Chapter 29</b> (pp. 861-867)
<b>15</b>	<b>Dec 6-10 2020</b>	<b>REVISION</b>		<b>FINAL EXAM</b>	
<b>16</b>		<b>FINAL EXAM</b>			

### General rules

- Students are expected to follow their program dress codes and comply with the professional appearance.
- Students are required to be present and punctual every day. As per KSU rules and regulations, you are required to attend at least 75 % of the classrooms in order to enter the final exam. Attendance will be calculated from the first week of the semester regardless of the day of enrollment in the course.
- As per KSU rules and regulations, sick leaves (out of KSU facilities) will not be accepted unless being authenticated by KSU.
- Students are responsible for any missed class, in term of class content, homework, assignments, and exams.
- Missed deadlines for homework and projects will affect your grade with no credit.
- Missed quizzes will not be taken.
- Missed midterms or final exams, however, may be taken in accordance with KSU policy.
- Cheating or plagiarism on tests or assignments is cause for formal disciplinary action.

