



**Nursing Education Program**  
**NUR 103 – Introduction to Health Assessment Syllabus**

**I. NUR 103 – Health Assessment**

Theory	0 credit hours
Lab	1 credit hour
Clinical	0 credit hours
Total	1 credit hour
Total contact hours - 3	

**II. Class Meeting Dates/Times/Location**

See Blackboard

**III. Clinical Dates/Times/Location**

See Schedule

**IV. Instructor, Contact Information, Contact Policy, Office Hours/Location**

See Blackboard for faculty contact information

**V. Course Description:**

This course is designed to provide students the opportunity to learn and practice history taking and physical examination skills with individuals of all ages, with emphasis on the adult. The focus is on symptom analysis along with physical, psychosocial, and growth and development assessments. Students will be able to utilize critical thinking skills in identifying health alterations, formulating nursing diagnoses and documenting findings appropriate to Nursing.

**Prerequisite Courses**

None

**Co-Requisite Courses**

NUR102 Fundamentals of Nursing

NUR 104 Introduction to Pharmacology

BIO 201 Human Anatomy and Physiology

MTH 100 Mathematical Applications (or higher) (NOTE: MTH 116 is not acceptable)

**VI. Textbook(S) and Other Learning Resources**

Barbarito, C. & D'Amico, Donita. (2012). Clinical Pocket Guide: Health and physical assessment in nursing. (2<sup>nd</sup> Ed.). Upper Saddle, NJ: Pearson Education, Inc.

Barbarito, C. & D'Amico, Donita. (2012). Pearson Education Website.

**VII. Level I Objectives**

At the completion of Level I, the associate degree nursing student will be able to:

1. Demonstrate competency in performing basic skills for individuals with common health alterations.
2. Utilize foundational knowledge of the communication process in providing nursing care for clients across the lifespan.
3. Apply foundational knowledge of the nursing process in providing nursing care for clients across the lifespan.

4. Utilize critical thinking skills in formulating a plan of care for clients with common health alterations in a variety of settings.
5. Utilize a teaching/learning plan for culturally diverse clients with common health alterations in a variety of settings.
6. Develop competencies necessary to meet the needs of individuals throughout the lifespan in a safe, legal, and ethical manner using the nursing process.
7. Utilize relevant technology for client care and documentation.
8. Demonstrate professional behaviors associated with nursing.

### **VIII. Instructional Goals**

1. Perform a systematic (head to toe) physical assessment to gather objective data.

### **IX. Professional Competencies/Objectives:**

#### **Learning objectives:**

#### ***MODULE A – GROWTH AND DEVELOPMENT THROUGHOUT THE LIFESPAN***

- A1.1.1 Define key terms associated with growth and development.
- A1.1.2 Describe common developmental theories associated with growth and development.
- A1.1.3 Describe normal growth and development characteristics throughout the lifespan.

#### ***MODULE B – HEALTH HISTORY***

- B1.1.1 Identify factors influencing the interview process
- B1.1.2 Identify stages of the interview process
- B1.1.3 Identify interview techniques.
- B1.1.4 Identify elements of a comprehensive health history
- B2.1.1 Explain the importance of documenting and reporting health history
- B2.1.2 Identify required elements of documenting health history.
- B2.1.3 Explain the process of documenting health history.

#### ***MODULE C – GENERAL SURVEY***

- C1.1.1 Define components of the general survey.
- C1.1.2 Explain the process of conducting a general survey.
- C1.1.3 Explain the process of conducting a mini mental status exam.
- C1.1.4 Recognize normal findings.
- C1.2.1 Identify physical assessment techniques.
- C1.2.2 Explain procedures for physical assessment techniques.

- D1.1.1 Define terminology related to assessment of head, eyes, ears, nose, and throat (heent).
- D1.1.2 Describe anatomy and physiology of head and neck.
- D1.1.3 Identify equipment.
- D1.1.4 Identify positioning.
- D1.1.5 Identify techniques.
- D1.1.6 Explain the process of performing a head/neck physical assessment.
- D1.1.7 Recognize normal findings.

#### ***MODULE E – PHYSICAL ASSESSMENT OF INTEGUMENTARY SYSTEM***

- E1.1.1 Define terminology related to assessment of the integumentary system.
- E1.1.2 Describe anatomy and physiology of integumentary system.
- E1.1.3 Identify equipment.
- E1.1.4 Identify positioning.
- E1.1.5 Identify techniques.

- E1.1.6 Explain the process of performing an assessment of the integumentary system.
- E1.1.7 Recognize normal assessment findings.

### **MODULE F – PHYSICAL ASSESSMENT OF THE RESPIRATORY SYSTEM**

- F1.1.1 Define terminology related to assessment of the respiratory system.
- F1.1.2 Describe anatomy and physiology of the respiratory system.
- F1.1.3 Identify equipment.
- F1.1.4 Identify positioning.
- F1.1.5 Identify techniques.
- F1.1.6 Explain the process of performing an assessment of the respiratory system.
- F1.1.7 Recognize normal assessment findings.

### **MODULE G – PHYSICAL ASSESSMENT OF CIRCULATORY/LYMPHATIC SYSTEM**

- G1.1.1 Define terminology related to assessment of the circulatory/lymphatic system.
- G1.1.2 Describe anatomy and physiology of the circulatory/lymphatic system.
- G1.1.3 Identify equipment.
- G1.1.4 Identify positioning.
- G1.1.5 Identify techniques.
- G1.1.6 Explain the process of performing an assessment of the circulatory/lymphatic system.
- G1.1.7 Recognize normal assessment findings.

### **MODULE H – PHYSICAL ASSESSMENT OF THE BREAST AND AXILLAE**

- H1.1.1 Define terminology related to assessment of the breast and axillae.
- H1.1.2 Describe anatomy and physiology of the breast and axillae.
- H1.1.3 Identify equipment.
- H1.1.4 Identify positioning.
- H1.1.5 Identify techniques.
- H1.1.6 Explain the process of performing an assessment of the breast and axillae.
- H1.1.7 Recognize normal assessment findings.
- H1.2.1 Explain the steps for performing the breast self-examination for males and females.

### **MODULE I – PHYSICAL ASSESSMENT OF THE ABDOMEN**

- I1.1.1 Define terminology related to assessment of the abdomen.
- I1.1.2 Describe anatomy and physiology of the abdomen.
- I1.1.3 Identify equipment.
- I1.1.4 Identify positioning.
- I1.1.5 Identify techniques.
- I1.1.6 Explain the process of performing an assessment of the abdomen.
- I1.1.7 Recognize normal assessment findings.

### **MODULE J – PHYSICAL ASSESSMENT OF THE REPRODUCTIVE SYSTEM**

- J1.1.1 Define terminology related to assessment of the male and female reproductive systems.
- J1.1.2 Describe anatomy and physiology of the male and female reproductive systems.
- J1.1.3 Identify equipment.
- J1.1.4 Identify positioning.
- J1.1.5 Identify techniques.
- J1.1.6 Explain the process of assisting with assessment of male and female reproductive systems.
- J1.1.7 Recognize normal assessment findings.
- J1.1.8 Explain the examination of the rectum, perineum, and prostate.
- J1.2.1 Explain the testicular self-examination.

### **MODULE K – PHYSICAL ASSESSMENT OF THE MUSCULOSKELETAL SYSTEM**

- K1.1.1 Define terminology related to assessment of the musculoskeletal system.
- K1.1.2 Describe anatomy and physiology of the musculoskeletal system.
- K1.1.3 Identify equipment.
- K1.1.4 Identify positioning.
- K1.1.5 Identify techniques.
- K1.1.6 Explain the process of performing an assessment of the musculoskeletal system.
- K1.1.7 Identify normal assessment findings.

### ***MODULE L – Physical assessment of THE Neurological System***

- L1.1.1 Define terminology related to assessment of the neurological system.
- L1.1.2 Describe anatomy and physiology of the neurological system.
- L1.1.3 Identify equipment.
- L1.1.4 Identify positioning.
- L1.1.5 Identify techniques.
- L1.1.6 Explain the process of performing an assessment of the neurological system.
- L1.1.7 Identify normal assessment findings.

## **X. Evaluation and Assessment**

Students are required to comply with the JSCC Academic Honesty Code. The complete student handbook is available for download at [www.jeffstateonline.com](http://www.jeffstateonline.com).

### **Academic Honesty Code**

All students enrolled in Jefferson State Community College are expected to conform to the College's Academic Honesty Code. That code requires all students act with integrity in the performance of their academic work. Any student who fails to act with integrity in the performance of his academic work may be charged with a violation of the Academic Honesty Code.

Violations of the Academic Honesty Code include, but are not limited to, the following:

1. Looking on another student's paper during a test or examination or communicating in any way with anyone other than the test administrator.
2. Using unauthorized materials and/or devices in the preparation of any assignment or in the taking of any tests or examinations.
3. Having in the immediate testing area materials and/or devices not expressly authorized by the test administrator.
4. Accepting or providing unauthorized assistance in the preparation of assignments or the taking of any tests or examinations.
5. Submitting as your own work essays, term papers, lab reports or other projects which have been prepared by others.
6. Obtaining, possessing, or gaining knowledge of answers to a current test or assignment before it has been distributed to the class and without the knowledge and consent of the instructor.
7. Gaining, without authorization, access to the work of another student. (Example: accessing the computer file of another student).
8. Plagiarizing (presenting as one's own the ideas, the data and/or the words of another).
9. Inventing data or information in the preparation of assignments except when such invention is expressly authorized.
10. Violating supplementary academic honesty codes, which have been adopted and approved in individual divisions of the college and distributed to students within those divisions.

Penalties for violation of the Academic Honesty Codes and Disciplinary Procedures are outlined in the Jefferson State Community College Student Handbook under the section labeled "Academic Honesty Code".

### Code of Student Conduct

Jefferson State Community College recognizes that students are both citizens and members of the academic community. Upon enrolling in the college, each student assumes an obligation to conduct himself in a manner compatible with the College's function as an educational institution. Students are expected to obey both the statutes of local, state, and federal government and the College's policies. The College may discipline a student for violating its standards of student conduct even though the student is also penalized by the local state, and federal authorities for the same act.

The Code of Student Conduct and established disciplinary procedures apply to individual students, as well as formal groups of students, and state the function of students, faculty, and administrative staff members of the College in disciplinary proceedings. The College has jurisdiction for disciplinary purposes over a person who was a student at the time he allegedly violated the College's policies.

*Recording devices may only be used at the permission of the individual instructor. Instructors have the right to refuse lecture recording. The use of recording devices to record lecture is strictly for use in this course and cannot be disseminated elsewhere.*

*The use of electronic devices that provide internet access is limited to current course materials.*

#### A. Grading Scale:

The grading system that is stated by the College for determination of "A", "B", etc., that is:

- A - 90 - 100
- B - 80 - 89
- C - 75 - 79
- D - 60 - 74
- F - Below 60

#### B. Theory component

Students must achieve a 75% (C) on the theory component of the course and pass health assessment validation in order to pass the course. A validation failure constitutes a course failure. Students may not progress to the next semester nursing courses if they do not achieve a 75% average.

Theory grades will be calculated by dividing the student's points achieved by the total points possible. These points will include content exams, a comprehensive final exam, assignments, pop quizzes, and classroom activities.

#### C. Laboratory component

Validation of head-to-toe health assessment graded as satisfactory/unsatisfactory, after a maximum of 3 attempts. **Three unsuccessful head-to-toe health assessment validation attempts constitute a lab failure resulting in failure of the course** with a final grade of either "D" or "F" based on the student's theory grade.

#### D. Course test policies

Students are expected to carry out all assigned work and to take examinations at the class period designated by the instructor. The following test policies apply to all nursing courses:

1. The student must inform the instructor either directly or through a message left in the Nursing Office or by Blackboard email, if he/she is unable to take the test at the scheduled time. Failure to do so may result in a **zero** for that test, and the student may be ineligible to take the makeup exam. Arrangements to make up missed work due to excused absences must be initiated by the student within a week of the absence. Make-up tests may be given at the end of the semester. Students may be required to present a valid JSCC student ID in order to complete any makeup exam.
2. Students may be unable to take an exam if more than 15 minutes have passed since the test was started.

3. The instructor will not answer any questions once the exam has begun. If a clearly identified mistake is noted (ex. a typo), the student will raise his/her hand and the instructor will respond.
4. Students who miss make-up test(s) or fail to schedule make-up test(s) will receive a **zero** for the missed test(s).
5. Computerized testing may be taken on the student's home computer or in the computer lab at any campus as designated by the instructor. Computerized testing is a privilege granted to the student to allow the student more schedule flexibility. Students are expected to maintain academic honesty during testing. Faculty reserve the right to delete any tests that appear to be compromised. Duplication of any online test is prohibited and can result in discipline outlined in the Academic Honesty Policy.
6. Computerized quizzes and assignments are not eligible for make-up since they are offered over a specified time frame. All computerized quizzes and assignments that are missed will go into the grade book as "0".
7. During test reviews, there will be no discussion regarding answers. Any student who wishes to challenge an answer should do so in writing or email, providing the specific rationale, reference information, and page number within 48 hours of the exam. However, this procedure in no way suggests that the instructor will accept the rationale as provided.
8. Test reviews are available for all tests at a time designated by the faculty. Students who miss the scheduled review sessions are not given additional opportunities for review.
9. Pop quizzes may be administered at any time during a scheduled class meeting. Pop quizzes may be between 1-5 points in value and are included in the total points possible for the course grade. Students must be present at the beginning of the pop quiz in order to take it and receive points.
10. No bonus points or additional coursework will be given as extra credit.
11. Only items supplied by the instructor, excluding pencils, are allowed on the desk during testing. All personal student items will be placed in a faculty designated area during testing. Faculty reserve the right to restrict other items.
12. No cell phones or electronic devices of any kind will be allowed on your person during an exam or test review. Students violating this policy will receive a "0" for the test and/or failure for the course.
13. The Academic Honesty Code prohibits any student from fabricating an excuse to miss an exam and for any student to talk about, give hints, or offer any information to those who need to take a makeup.
14. Faculty will make every effort to accurately post grades and provide students with a method for determining their individual progress. Faculty may post course averages throughout the semester, but students are responsible for monitoring their own progress. Any average posted is subject to change and no average or final grade is official until the grades are posted on JSCC's Banner.

**E. Final Course Grade**

The final grade in the laboratory portion of the course will be determined as follows: Students must:

1. Receive no cumulative "U" in a critical or professional behavior objective on the Clinical Evaluation Tool.
2. Satisfactory completion of the required math test.

**\*\*Failure to meet any of the above requirements will result in a clinical failure.**

**Final letter grade** for the course will be determined by the following scale:

<b>Plus Theory Grade</b>	<b>Plus Lab Performance</b>	<b>Equals Final Letter Grade</b>
A	SATISFACTORY	A
B	SATISFACTORY	B

C	SATISFACTORY	C
D	SATISFACTORY	D
F	SATISFACTORY	F
A	UNSATISFACTORY	D
B	UNSATISFACTORY	D
C	UNSATISFACTORY	D
D	UNSATISFACTORY	F
F	UNSATISFACTORY	F

**Students who withdraw after the last day to receive an automatic W will receive a WF if the theory grade at the time of withdrawal is D or F or if the lab grade at the time of withdrawal is Fail.** A grade of WP will be awarded if the theory grade at the time of withdrawal is C or above and the lab grade is Pass.

#### **XI. Attendance**

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid. Withdrawal from class can prohibit progression in the nursing program.

Students are required to attend all clinical and laboratory experiences for each course. Only excused absences will be considered for make-up. However, due to limited clinical space and time, clinical make up days cannot be guaranteed. Failure to complete clinical rotations will prohibit progression in nursing.

#### **XII. Blackboard Policies:**

##### **Discussion**

Discussion points may be awarded for participation in the Blackboard Discussion Forum for "thoughtful contributions". Students are encouraged to participate in the discussion forums but should be aware that the following postings are not allowed:

- Rude, offensive, or inappropriate language
- Copying and pasting online newsletters or lengthy articles. Please condense the topic or insert a hyperlink to the original source.
- Incorrect information.
- Test questions. There may be students who missed the test and discussion of specific test questions gives those students who will be scheduling a makeup exam an unfair advantage.
- Personal promotions and advertisements for business purposes.
- Off topic posts. Please post your contribution in the correct thread and keep the post focused on the topic.
- Messages to the faculty or class members that should be sent privately through the Blackboard email system.

##### **Email**

Students are encouraged to use Blackboard email to contact the faculty and other students. This is the fastest way to contact faculty since email can be checked from any location. Students must log on to Blackboard daily for updates and announcements. Announcements may be sent via email, the Discussions or posted on the front page of the course.

#### **XIII. Statement on Discrimination/Harassment**

The College and the Alabama Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State

Board of Education policy. Any practice or behavior that constitutes harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

#### **IX. Americans with Disabilities**

The Rehabilitation Act of 1973 (Section 504) and the American with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. For questions or concerns, notify Alisha LeMaster [alemaster@jeffstateonline.com](mailto:alemaster@jeffstateonline.com) FSC 300 856-6077.