N1225 Health Assessment

Calendar Description
Students will apply theories and learn to establish therapeutic relationships, develop interviewing techniques, and perform physical assessments.

Expanded course description:
This course assists students to develop skill in the holistic health assessment of individuals within the context of their family and community environments. Building on foundational knowledge of anatomy and physiology, as well as information gained from nursing theory courses, students will integrate their knowledge to learn how to perform holistic health assessments, keeping in mind physical, psychosocial, cultural, and spiritual factors.

Goals
Students will:
1. develop knowledge & skill related to health assessment of an individual, including physical assessment;
2. learn how to gather subjective and objective data related to health, using multiple ways of knowing and information from a variety of sources;
3. begin to develop knowledge and skill in establishing therapeutic relationships;
4. practice the performance of physical assessment;
5. demonstrate a beginning level of skill at communicating relevant health assessment data and interpretation of data to others;
6. engage in reflection on learning and practice;
7. integrate principles related to infection prevention and control during the performance of a health assessment.

Major Concepts in the course:
- health
- determinants of health
- health promotion
- holistic health assessment
- caring
- professionalism
- privacy and confidentiality
- relational practice
- clinical judgment
- personal meaning
- infection prevention and control
Competencies for entry-level Registered Nurse practice (CNO, 2014) addressed in the course:

- Professional responsibility and accountability: 1, 2, 3, 4, 5
- Knowledge-based practice- Specialized body of knowledge: 30
- Ethical practice: 75, 76, 77, 79

Interprofessional Competencies (CIHC, 2010) addressed in the course:

- Interprofessional communication
- Role clarification
- Patient/family/community-centred care

Nursing Informatics Competencies (CASN, 2015) addressed in the course:

- uses relevant information and knowledge to support the delivery of evidence-informed patient care: indicators 2, 3, 6
- uses ICTs in accordance with professional and regulatory standards and workplace policies: indicators 1, 5
- uses ICTs in the delivery of patient/client care: indicators 1, 3

Nursing Safety Competencies:

- Domain 1: contribute to a culture of patient safety
- Domain 3: communicate effectively for patient safety
- Domain 5: optimize human and environmental factors

How this course will contribute to your development as a professional nurse:

Using a health promotion philosophy, students will utilize theoretical knowledge from level 1 nursing theory courses to develop interviewing, assessment and documentation skills in accordance with the Standards of Practice of the College of Nurses of Ontario. Upon completion of the course, students will have a fundamental understanding of and skill in interviewing and physical assessment, which will form the basis of future nursing practice, regardless of the setting.

How we will work together:

A respectful, professional learning atmosphere will be co-developed by students and faculty. In order to develop an experiential understanding of course concepts, the student’s responsibility is to be an active and self-directed participant in each learning activity in the laboratory setting. This requires completion of all learning activities and participation by all members. Attendance at all laboratory sessions is mandatory. Respectful interaction and the provision of nursing care based on College of Nurses (CNO) standards is expected from all participants.

Faculty will support students in the development of necessary knowledge and skills through the use of methods designed to develop critical thinking, provision of demonstrations, guidance
during the provision of client care, prompt delivery of feedback and support of meaningful group discussion. Evaluation of the student’s learning will be accomplished through a variety of methods designed to promote critical thinking and clinical judgment.

Textbooks and other resources:

Required:


Sinclair, B., Hancock, M., & Timbrell, J. (ND). Online clinical skills lab: Physical assessment. London, ON: Western University. This may be found at owl.uwo.ca


Western University & Fanshawe College. (2018). Program manual. London, ON: Author. This may be found at owl.uwo.ca in the Undergraduate Student Information site

1 stethoscope, 1 watch with a second hand, nursing uniform following school guidelines. A manual blood pressure kit is strongly recommended.

Foundational Concepts

Foundational concepts may be found in the Program Manual on OWL at owl.uwo.ca

Scholarly Requirements

In this program, scholarly writing is a requirement. Therefore, all scholarly papers will follow the sixth edition of the Publication manual of the American Psychological Association (2010), which includes guidelines for both content and format. In addition, all other writing will follow APA (6th ed.) format when citing or referring to an author’s work or ideas. Failure to do so is unethical and is plagiarism.

Opportunities to Demonstrate Learning

There are four different forms of evaluation.

1. Title: Vital Signs Assessment Practical Examination
   Due: Week 8. Individual times will be assigned by the lab instructor.
   Value: A minimum of 70% must be achieved to receive a satisfactory grade in the course

The purposes of this examination are to:
   - demonstrate ability to engage with a client in a safe, caring, professional, and ethical manner;
• demonstrate ability to accurately assess vital signs: TPR, BP, & SpO²;
• demonstrate ability to accurately document assessment findings on relevant health care records;
• demonstrate ability to integrate knowledge of infection control procedures when performing an assessment.

Full description

Students will arrive at a pre-determined time to the lab to complete and accurately document a full set of vital signs on a client within the time allotted. The evaluator will validate the findings. No retesting is permitted.

2. Title: Peer Learning in Head to Toe Assessment
Due: Week 12
Value: Must complete one head to toe assessment and one peer feedback form to achieve a satisfactory grade in the course

The purposes of this exercise are for students to demonstrate ability to:
• engage with a client in a safe, caring, professional, ethical manner.
• perform an organized head to toe assessment, incorporating knowledge and skill gained from the lab sessions throughout the course.
• perform appropriate physical assessment techniques to gather relevant objective data.
• document assessment findings in a clear, concise, logical manner utilizing appropriate medical terminology in accordance with CNO standards.
• demonstrate ability to integrate knowledge of infection control procedures when performing an assessment.
• develop observational skills and critical thinking by providing feedback to a peer.

Full Description

This examination will provide students with the opportunity to demonstrate their ability to perform a holistic health assessment based on knowledge and skills learned during the course. Demonstrating appropriate holistic assessment techniques, students will collect both subjective and objective data, including vital signs, from a client. Determinants of health, culture/context and personal meaning should be considered when performing the assessment. All appropriate documentation will be submitted at the end of the examination. Feedback will be provided by a peer using a standard rubric in order to help develop observational skills and critical thinking while learning how to provide effective feedback.

The Holistic Health Assessment exam will be based on:
• engagement with the client in a caring, professional, ethical manner.
• demonstration of basic methods to ensure safety for both the client and nurse, including infection control measures.
• performance of an organized physical assessment, demonstrating proper assessment techniques.
• accurate assessment and documentation of vital signs.
• completion of a peer feedback rubric and provision of effective verbal feedback.

3. Title: Physical Assessment Module  
   Due: Final test must be completed by Nov 23  
   Value: A minimum of 70% must be achieved in order to receive a satisfactory grade in the course

The purpose of the Physical Assessment Module is to:
• provide opportunity for students to engage in self-directed learning
• assist students to gain knowledge and skill related to physical assessment
• allow students to complete preparatory learning activities prior to each lab session so they are prepared for practice

Full Description
The Physical Assessment Module is a self-directed learning package which has been prepared using a variety of learning activities to provide students with basic knowledge of physical assessment. Various units will be assigned with each lab session. A final, online, multiple choice test will be completed upon completion of the module. The test must be completed by November 17. Student may only attempt the final test once. The Physical Assessment Module is found in the Online Clinical Skills Lab at https://owl.uwo.ca

4. Title: Documentation Assignments  
   Due: During selected laboratory sessions  
   Value: A minimum cumulative average of 70% must be achieved in order to receive a satisfactory grade in the course

The purpose of documentation assignments is to:
• introduce students to CNO standards for documentation
• provide opportunity to learn about various forms of documentation
• provide practice opportunity to document assessment findings

Full Description
Students will have multiple opportunities to apply CNO standards for documentation through the creation of nursing notes, shift reports and the completion of various health assessment forms, commonly used in the clinical environment.
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