

Health Assessment

N1225a/b

2019

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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:

develop knowledge & skill related to health assessment of an individual, including physical assessment; learn how to gather subjective and objective data related to health, using multiple ways of knowing and information from a variety of

sources;begin to develop knowledge and skill in establishing therapeutic relationships;practice the performance of physical assessment;demonstrate a beginning level of skill at communicating relevant health assessment data and interpretation of data to others;engage in reflection on learning and practice;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,

6uses ICTs in accordance with professional and regulatory standards and workplace policies: indicators 1, 5uses ICTs in the delivery of patient/client care: indicators 1, 3

Nursing Safety Competencies:

< >Domain 1: contribute to a culture of patient safetyDomain 3: communicate effectively for patient safetyDomain 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:

Astle, B.J., & Duggleby, W. (Eds.) (2019). *Canadian fundamentals of nursing* (6th ed.). Toronto, ON: Elsevier Canada.

College of Nurses of Ontario Practice Standards (2015). Retrieved from www.cno.org

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

Stephen, T.C., Skillen, D. L., Day, R.A., & Jensen, S. (2012). *Canadian Jensen's nursing health assessment: A best practice approach* (enhanced reprint). Philadelphia, PA: Lippincott Williams & Wilkins

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 85% 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: Physical Assessment Module

Due: Final test must be completed by Nov 23

Value: A minimum of 80% 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 learningassist students to gain knowledge and skill related to physical assessmentallow 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 23. 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>

3. Title: Documentation Assignments

Due: During selected laboratory sessions

Value: A minimum cumulative average of 80% 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 documentationprovide 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 and the completion of various health assessment forms, commonly used in the clinical environment.

Title: Objective Structured Clinical Exam (OSCE)

Due: November 26 or 27

Value: A minimum of 80% must be achieved in order to receive a satisfactory grade in the course

Full Description

Students will be asked to demonstrate the knowledge and skill in physical assessment developed over the course of the term. Students arriving at their appointed OSCE timeslot will be randomly assigned to complete three OSCE stations. Each student will have 5 minutes at each of the three assigned stations to demonstrate his/her ability to complete a focused subjective or objective assessment. Upon completion of the three stations, students will be asked to document findings from one of the stations and submit the documentation.

N1225 Lab Schedule, Fall 2019

Date	Lab Topic	Concepts	Course Goals
Lab 1 Sept 10,11	Introduction to holistic health assessment; Documentation	<ul style="list-style-type: none">○ health○ health assessment○ infection prevention & control	2, 6, 7
Lab 2	Infection prevention & control	<ul style="list-style-type: none">○ health promotion○ clinical judgment	

Sept 12, 13			
Lab 3 Sept 17, 18 Lab 4 Sept 19, 20	Noticing: The General Survey & Gathering of Data Interviewing: The Client's Story	<ul style="list-style-type: none"> ○ professionalism ○ health assessment ○ determinants of health ○ clinical judgment ○ privacy & confidentiality 	1, 2, 5, 6, 7
Lab 5 Sept 24, 25 Lab 6 Sept 26, 27	Vital signs assessment (BP) Vital signs assessment (TPR)	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 2, 3, 4, 5, 6, 7
Lab 7 Oct 1, 2 Lab 8 Oct 3, 4	Pain assessment Applying knowledge & skill in vital signs & pain assessment	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 2, 3, 4, 5, 6, 7
Lab 9 Oct 8, 9 Lab 10 Oct 10, 11	Neurological assessment Neurological assessment continued	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 3, 4, 5, 6, 7
Lab 11	Respiratory assessment	<ul style="list-style-type: none"> ○ health assessment ○ health promotion 	1, 3, 4, 5, 6, 7

Oct 15, 16	Respiratory assessment continued	<ul style="list-style-type: none"> ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 2, 3, 4, 5, 6, 7
Lab 12	Documentation assignment #1		
Oct 17, 18			
Lab 13	Neurovascular assessment	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ clinical judgment ○ infection prevention & control ○ relational practice, caring 	1, 2, 3, 4, 5, 6, 7
Oct 22, 23	Applying Knowledge and skill in health assessment		
Lab 14			
Oct 24, 25			
Lab 15	<i>Vital signs testing</i>	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ clinical judgment ○ infection prevention & control ○ relational practice, caring 	1, 2, 3, 4, 5, 6, 7
Oct 29, 30	<i>Vital signs testing</i>		
Lab 16			
Oct 31, Nov 1			
	READING WEEK	○	
Lab 17	Cardiovascular	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice 	1, 2, 3, 4, 5, 6, 7
Nov 12, 13	Genitourinary assessment		
Lab 18			
Nov 14, 15			
Lab 19	Gastrointestinal assessment	<ul style="list-style-type: none"> ○ health assessment ○ health promotion 	1, 2, 3, 4, 5, 6, 7

Nov 19, 20 Lab 20 Nov 21, 22	Gastrointestinal assessment continued	<ul style="list-style-type: none"> ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	
Lab 21 Nov 26, 27 Lab 22 Nov 28, 29	OSCE Setting Priorities in Health Assessment	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 2, 3, 4, 5, 6, 7
Lab 23 Dec 3, 4	Case Study & wrap-up	<ul style="list-style-type: none"> ○ health assessment ○ health promotion ○ infection prevention & control ○ relational practice, caring ○ clinical judgment 	1, 2, 3, 4, 5, 6, 7