

SYLLABUS

N311

HEALTH ASSESSMENT

Spring 2010

General Information

COURSE PROFESSOR: Amy Metteer-Storer, R.N., M.S.N.

HBB24

amstorer@cedarcrest.edu

610 606 – 4666 Extension 4785

Office Hours: Thursdays, 12:00 – 2:30 pm and by appointment

Lab Professors: Prof. Gheller, Dr. Crane-Roberts, Prof. Nesland

TITLE: Nursing Health Assessment

CREDITS: 3 CREDITS

42 CREDIT HOURS

PLACEMENT: Prerequisites:

- Cumulative GPA of 2.7 and satisfactory completion of prescribed prerequisites
- Nursing curriculum for student or Graduate/ Registered Nurse
- N311 is a prerequisite or corequisite for N309. If you drop or withdraw from N311 you must also drop or withdraw from N309.

Course Description

This course provides the students with the knowledge and skill necessary to perform a comprehensive health assessment utilizing the skills of history taking, inspection, palpation, percussion, and auscultation. Normal assessment findings, frequently seen variations from normal and cultural differences are discussed.

Course Objectives

Upon successful completion of the course, the student will:

1. Demonstrate history-taking and interviewing skills necessary for comprehensive data collection.
2. Demonstrate beginning level skill in the techniques of physical exam: inspection, palpation, percussion, and auscultation.
3. Differentiate between normal and abnormal assessment findings.
4. Apply relevant anatomy and physiology to the health assessment process.
5. Integrate health assessment into the nursing process and nursing practice.
6. Describe how cultural/ethnic differences influence the findings in a health assessment.
7. Explain how assessment techniques vary across the lifespan.

Teaching Methods

ONLINE TEACHING METHODS: Online audio lectures, lecture notes, power points, audio-visuals, interactive exercises, readings and optional websites

LAB TEACHING METHODS: Audiovisuals, demonstration, practice

Assessment Responsibilities & Expectations

Assessment is an effective teaching strategy for student learners to practice the role of the nurse and develop empathy in the role of the patient. The expectation of the clinical lab is that male and female undergraduate student learners enrolled in NUR311 act as patients for their peers to practice assessments on and then write-up those assessments and submit them for a grade each week. Student learners acting in the role of the nurse need to maintain respect and privacy of the student learner acting in the role of the patient during the practice of assessment skills.

Dress Code:

- Students will wear a patient gown
- Shorts under the hospital gown and
- Sports bra under the hospital gown

Physical Interaction:

Students should expect to practice the required assessments listed in the syllabus. There is a need to touch each other in a respectful way when learning how to assess the systems. The student will complete the breast assessment on themselves in the privacy of their own home.

Disclosure of Personal Medical Information:

Student learners will also practice with partners mental and physical status evaluations including vital signs, etc. Practice evaluations might result in disclosure of personal medical information.

If a student anticipates feeling uncomfortable with these requirements, she/he is encouraged to speak with the clinical and/or course faculty.

Required Equipment

Stethoscope

Grading Policies

EVALUATION:

- Two written exams (20% each) 40%
- Final written exam 25%
- Final laboratory Practicum 20% *
- Laboratory practice assignments and quizzes 15%
- Total = 100%
- *A minimum grade of 73% must be achieved on the Practicum to pass the course regardless of other grades in the course.

Only final grades will be rounded.

Attendance - Students who are absent or late to class may have points taken off of the daily assignment and are responsible for scheduling NLRC time with Mrs. Seaman to view the videos and then practice independently and then complete assessment on a peer in the NLRC. All time missed must be made up in this way prior to the next lab.

Exams

There are two exams and a final exam for the online theory portion of the course and a final practicum exam for the lab which must be taken as scheduled.

Strategies for success:

- Use the study guides located in Document Sharing.
- **Attend exams as scheduled as exams not taken when scheduled will result in a ZERO for the exam.**
- Discuss extenuating circumstances with me in advance! Make-up written examinations will be given at the professor's and student's convenience.
- All theoretical exams are paper and pencil at designated testing times. Come on time!
- Bring pencils and erasers to exams. These are the only items you can have at your table during the exam. All exams are closed book, no notes.

- **Make-up examinations for the final practicum examination require payment of a \$50.00 fee and will not be given without documentation such as from an emergency room or physician documenting due cause as to why the student missed their final practicum exam. If the reason is due to the illness of a student's child documentation from the child's physician must be submitted. The exam must be made up in a minimum of time as determined by the Professor. There are no exceptions to any of the above.**

Exam Review Policy

- Exam I – you will receive a written content review of the 30% most missed questions.
- Exam 2 – you will receive a written content review of the top 30% of content areas missed.
- Final Exam – prior to the final exam an audio review in preparation for the final exam will be available online and may be viewed as many times as the student chooses.
- Quizzes – The weekly quiz may be reviewed with the correct answers bolded Tuesday, Wednesday, Thursday, or Friday following the close of each quiz. Click on “Quiz Review” in the left hand margin under each section.

Practicum

The Practicum is the final laboratory exam in which the student does a physical exam on a peer. Guidelines for the practicum may be found on Document Sharing and a video of the complete practicum is located on the left margin menu of the course.

*To pass the course you must achieve a 73% or greater on the practicum. If you fail to achieve this you will not pass the course regardless of your other grades in the course.

- **The practicum is the final exam for the lab. Should you have extenuating circumstance which require a make-up examination for the final practicum, a of a \$50.00 fee will be required and the make-up examination will not be given without documentation such as from an emergency room or physician documenting due cause as to why the student missed their final practicum exam. If the reason is due to the illness of a student's child documentation from the child's physician must be submitted. The exam must be made up in a minimum amount of time as determined by the Professor. There are no exceptions to any of the above.**

Strategies for success:

- Practice, practice, practice!

- View the video often!

Lab Sessions

Lab time will be spent on demonstration and practice of techniques. Students will be expected to read textbook assignments prior to completing each module of the online course. Written assignments and assigned quizzes must be completed prior to the scheduled lab for that section. A zero will be given for any assignment not completed prior to lab. Written assignments must be turned in at the beginning of lab on the assigned due dates. Students will be signed off on vital signs in this lab. If you have not successfully signed off on vital signs by your first clinical day during which you will be doing a bed bath. Students having difficulty may be required to practice outside of lab time in the NLRC by their Lab Professor.

Strategies for success:

- Attend all lab sessions – they are mandatory! Failure to attend will result in loss of points on daily assignments. Failure to notify your lab professor in advance of an absence or failure to make arrangements to make up that lab may result in a 0 for your lab assignment for that day.
- Should you miss a lab you must contact your Lab Professor in advance, and then prior to your next lab you must do the following: Contact Mrs. Seaman, Lab Coordinator, by email and set up a time for her to show the video and you must make-up the 3 hours of lab that you missed doing the assessment on a peer willing to come to lab with you, practicing vital signs or listening to heart sounds, or other activities related to application and practice of your health assessment skills. This time may not be used to study, or work on course work in other classes. The time must be documented and signed by staff. If this is not completed you will receive a zero for the quiz and assessment for the lab missed which totals 3% of your grade.
- Be on time! Being late to lab is disruptive to your peers and will result in loss of points on your daily assignments.
- Turn lab assignments in on time! Late lab assignments will have an automatic 5 points taken off for each day that it is late.
- Practice your assignment on your peer and allow them to practice the assignment on you. This is what the lab is all about! Lack of participation in the practice skills or unprofessional behavior may result in loss of points on the written assignment for that day and in fact may result in full loss of points for that day based on the lab professor's

assessment. Consistent failure to participate in assessing your lab partner or being assessed by your lab partner will result in failure of the course.

- Bring a blank “sloppy copy” of the daily lab write-up, they are found in Document Sharing, and complete this in lab. Complete a new, neat, final copy to turn in to your Lab Professor.
- Do your own work. The written report must be your own work, plagiarism on written work as well as any course work will result in failure of the course, please refer to the student handbook. Failure to follow the above may result in the student receiving a zero.
- Bring your stethoscope. It is expected that the student will bring their own stethoscope to those labs that require the use of a stethoscope.
- Dress appropriately for the system being assessed. It is expected that students be dressed appropriately for the system being assessed or don a patient gown so that their partner may assess them. Failure to do so will also result in loss of points from that lab day's assignment. Consistent failure to participate in assessing your lab partner or being assessed by your lab partner will result in failure of the course. Equipment other than your stethoscope will be provided in lab. Students may use their peers for the final practicum examination. No children may be used.
- Ask permission to tape record any portion of the course including the audio lectures. Taping is only permitted if the faculty member or speaker gives you their approval.

Attendance

- **Written Exams:** Attend exams as scheduled as exams not taken when scheduled will result in a ZERO for the exam.
- **Final Practicum Exam:** Make-up examinations for the final practicum examination require payment of a \$50.00 fee and will not be given without documentation such as from an emergency room or physician documenting due cause as to why the student missed their final practicum exam. If the reason is due to the illness of a student's child documentation from the child's physician must be submitted. The exam must be made up in a minimum of time as determined by the Professor. There are no exceptions to any of the above.

Weekly Online Quizzes

During the semester there will be 9 – 10 online quizzes. The quiz must be taken prior to the student's lab for that topic. Failure to do so will result in a 0. Quizzes will be time limited but you may use your books and notes. You may not have the assistance of anyone else or print quizzes and should you do so it will be a violation of academic

integrity and the Honor Code and will result in failure of the course as per the consequences for such a violation in the Cedar Crest College policy.

The quizzes are secured with Exam Guard. Should you have technical problems, call the Computer Help Desk or Information Technology for assistance.

Strategies for Success:

- Take your quiz before lab! Don't wait until the last minute. There may be computer difficulties so take your quiz soon enough to be able to call for computer help if you need it. The Computer Help Desk is open until 8:00 pm. You may also call Information Technology. They are available from 8:30 am – 4:00 pm.
- If you have problems that are computer related, call the Computer Help Desk or Information Technology as soon as possible.

Practice Laboratory Assignments

Written assignments will be due as listed in this syllabus unless your lab professor changes the date. Students will be required to put in writing the assessment data they identified on a person they assess and turn it in the week after the lab unless otherwise specified by the Lab Professor. All written assignments and quizzes will be tallied together and be worth 15% of the final grade. Assignments are due on the day(s) indicated by the instructor. Failure to hand in a written assignment on the date due without speaking to the instructor will result in the loss of five points for each day the assignment is late. Failure to complete a quiz prior to your lab on that topic will result in a 0 on that quiz.

Strategies for success:

- Print a “sloppy copy” before lab. Written assignments/lab guidelines may be found in Document Sharing. A draft should be completed in lab, and formal neat copy completed during the week to turn in the following week. Final copies that are not neat and legible will not be accepted and will result in a zero for the assignment.
- Be concise but specific. Data on the worksheets must be concise yet very specific. Vague wording is not acceptable.
- Use correct medical terminology and spell it correctly. Correct spelling can be found in your text.
- Describe exactly what was seen, heard or felt during the exam. Acceptable: Skin - pink without erythema or cyanosis. Unacceptable: Skin - color good. Also unacceptable are terms such as normal, within normal limits, WNL.
- All areas of the worksheet must be completed regardless of the findings. For example, when assessing the lymphatic system and there are no palpable nodes, the correct way to indicate this would be to write, "no nodes palpable". If something does not apply to your patient, you would document N/A.
- Correct terminology is to be used at all times. The use of slang or abbreviations is unacceptable.

- Points will be deducted for incorrect grammar and spelling errors. Correct spelling of medical terminology can be found in your text. You may lose up to full points for each question with spelling or grammatical errors.
- Please contact the Lab Professor if there are any questions or problems with written assignments, if you are ill, and if therefore you need to attend another lab for make-up as discussed above.
- Please contact me for any questions regarding quizzes, exams, and any questions regarding the Online Course. Contact your lab professor for questions regarding the lab.
- Communicate with me! If you are having a problem this is the only way I will know.

EMAIL POLICY

Email must be checked 5 days a week and always the morning of your scheduled N311 lab.

GRADING SCALE:

93 - 100 = A	73 - 76 = C
90 - 92 = A-	70 - 72 = C-
87 - 89 = B+	67 - 69 = D+
83 - 86 = B	60 - 66 = D
80 - 82 = B-	Below 60 = F
77 - 79 = C+	

**A minimum grade of "C+" in this course is needed to satisfy the requirements of the nursing major.

Honor Code

Please refer to your Student Handbook, for a detailed explanation of the Cedar Crest College Honor Policy. It is your responsibility to be familiar with this policy. The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards. The Honor Code will prevail at all times. Violations of the Honor Code which occur during this course will result in failure of the course.

Plagiarism STATEMENT: It is dishonest to present oral or written work that is not entirely the student's own. Any language taken from another source, whether individual words or entire paragraphs, must be placed within quotation marks and attributed to the source, following the APA format. Paraphrased material from an outside source must also be attributed. (Student Handbook, CCC, 2004-2005)

The Cedar Crest College Nursing Department Faculty agrees to define plagiarism as, "A writer's deliberate use of someone else's language, ideas, or other original (not common knowledge)

material without acknowledging its source".

Plagiarism of another person's work on exams, assignments including health assessment lab write ups, concept maps or process recordings is considered a violation of the Honor Code. A copy of the Student Handbook (See *A Student's Guide, Cedar Crest College* or the web site www.cedarcrest.edu.)

Plagiarism of any kind will result in a ZERO for the work and may cause the student to fail the course. This includes all written work such as the weekly assessment guidelines.

Appropriate classroom and clinical behavior is implicit in the Cedar Crest Honor code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous and respectful classroom environment. These behaviors include, but are not limited to: distractions such as late arrivals, early departures, inappropriate conversations, use of cell phones and pagers, use of weapons, presence of children in the classroom or lab, lack of accountability for one's actions, inappropriate

communication with faculty, staff, peers, members of the health care team, not following direction of clinical or classroom faculty, and any other behaviors that might disrupt instruction and/or compromise learner's access to their Cedar Crest College education. Display of these behaviors can result in dismissal from the nursing program and the college.

Students will follow the Cedar Crest College HONOR CODE policy at all times. Graphic and photographic images contained in this online course are intended for the use of enrolled registered students only. Students may not download and/or print any exams, quizzes or other evaluative materials from the course or distribute such materials to others and doing so will be a violation of academic integrity and failure of the course.

NOTE: The student is reminded that knowledge in Nursing is cumulative and that she/he will be held accountable for prior learning. This includes knowledge of anatomy, physiology, chemistry, math, microbiology, psychology, sociology, lifespan development, and health assessment as they relate to material covered in this course.

OTHER STUDENT RESPONSIBILITIES: Students are required to keep a hard copy and electronic copy of all written work and all written work that is graded for this course.

Students with documented disabilities who may need academic accommodations should discuss these needs with their professors during the first 2 weeks of class. Students with disabilities who wish to request accommodations should contact Academic Services.

Students are obligated to check their e-mail on a daily basis for any changes to classroom/clinical pacing, assignments and schedules.

Peer tutoring is free! Contact Academic Services.

Inclement Weather or Illness: Please call Inclement Weather Hotline. Information can be found on the CCC website.

Required Texts

Weber & Kelley Health Assessment in Nursing 4th Edition Philadelphia: Lippincott Williams & Wilkins with online portion (must be purchased together).

*The text should be purchased in the Cedar Crest College Bookstore as it will then include access to the online portion of this course.

Classroom Protocol and Professional Classroom Behaviors

Section A or A Student's Guide to Cedar Crest College contains a section on classroom protocol. Professional Classroom Behaviors that are required for this course include no electronic devices may be used in class including cell phones and pagers, no threats or harassment of any kind, no sleeping in class, no working on homework for other classes, no eating/drinking in class, or disruptive arguing with faculty or other class members. The following list was student driven and also applies.

1. Report to class on time.
2. Maintain ethical, legal, and moral standards.
3. Communicate effectively with faculty (i.e. if ill, to reschedule to attend a different lab for illness etc).
4. Communicate professionally with faculty and peers in verbal, written, and computer communication.
5. Participate in maintaining classroom environment conducive to learning including: no distractions such as late arrivals and early departures, no cell phone use, no distracting noise, no children, and no offensive language.
6. Appropriate dress. Lab coat must be worn to all labs.
7. Appropriate use of lab time to practice the skills that have been demonstrated on a partner.
8. Complete lab objectives for the week in the week they are assigned in the syllabus unless otherwise directed by lab instructor, lab professor or course professor.
9. Treat each other with dignity and respect.

****A SATISFACTORY RATING FOR ALL BEHAVIORS IS NECESSARY TO SATISFY COURSE REQUIREMENTS. INAPPROPRIATE, UNPROFESIONAL BEHAVIORS WILL RESULT IN THE STUDENT HAVING TO LEAVE CLASS AND MAY RESULT IN FAILURE OF THE COURSE AND POSSIBLE DISMISSAL FROM THE COLLEGE.**

N311

Pacing Schedule

SPRING 2010

Orientation January 20, Wednesday, 5:00 – 8:00 pm

Orientation and brief review of the Complete Health History due the following week. Review of the other chapters for this week is audio and located in the left margin of the course.

Nurse's role in health assessment: Collecting and Analyzing Data Chapter 1

Assessing Culture Chapter 10

Collecting Subjective Data Chapter 2

Collecting Objective Data Chapter 3

Validating and Documenting Data	Chapter 4
Analyzing Data Using Critical Thinking Skills	Chapter 5
Nutritional Assessment	Chapter 12
Spirituality and Religious Practices	Chapter 11

****No labs week of January 19**

Lab Sessions

January 25, 28

Mental Status	Chapter 6
General Survey and Vital Signs	Chapter 7
Victims of Violence	Chapter 9
The Skin, Hair, and Nails **Quiz**	Chapter 13
SOAP Notes Review from Document Sharing: “S” only	Document Sharing

February 1, 4

Head, Neck and Regional Lymphatics, Nose, Mouth, and Throat Chapter 14 & 17

****Quiz****

February 10 Vital Sign Practice Lab with Leadership Students 6:00 – 9:00 pm HBB2

February 8, 11

Ears **Quiz**	Chapter 16
Pain (No Quiz)	Chapter 8 & Document Sharing

Exam I – HBB, February 17, 5:00 – 7:00 pm

(Exam I includes Interview and History through Head, Neck and Regional Lymphatics, Nose, Mouth, and Throat)

February 15, 18

Eyes ****Quiz****

Chapter 15

February 22, 25

Heart and Neck Vessels ****Quiz****

Chapter 20

****Students must be signed off on Vital Signs prior to February 28.**

March 1, 4

Peripheral Vascular ****Quiz****

Chapter 21

March 8 – 12 Spring Break! No labs this week

March 15, 18

Thorax and Lungs ****Quiz****

Chapter 18

March 22, 25

Abdomen ****Quiz****

Chapter 22

Exam II – HBB March 24 5:00 – 7:00 pm

(Ears – Peripheral Vascular)

March 29, April 1

Neurologic ****Quiz****

Chapter 27

Musculoskeletal (No quiz)

Chapter 26

April 2 - 5 Break *Tuesday is on a Monday schedule so Monday labs will be held on

April 6, 8 **Note that April 6 is a Tuesday, on April 5 you are off and on April 6 you follow a Monday schedule****

Practicum Review

Practicum Practice

April 13 Final Withdrawal Date

April 12, 15

Male / Female Genitalia	Chapter 23 & 24
Breast	Chapter 19
Childbearing Women	Chapter 29
Infant and Child	Chapter 30 & 31

Practicum Practice Sessions with Leadership Students (Optional)

April 11 4:00 – 7:00 pm

April 14 5:00 – 8:00 pm

All in Health Assessment Lab

Final Practicum – April 16 – April 30

Final Theory Exam – Date TBA from Registrar (Comprehensive) Finals dates May 6 -12.

Workbook Assignments and Due Dates

Topic	Week Due
Complete Health History	1/25, 1/28
Skin	2/1, 2/4
Head, Neck, Lymphatics, Mouth Nose and Throat	2/8, 2/11
Ears	2/15, 2/18
Eyes	2/22, 2/25
Cardiovascular	3/1, 3/4
Peripheral Vascular	3/15, 3/18
Thorax and Lungs	2/22, 2/25

Abdomen

3/29, 4/1

Neurological

4/6, 4/8

Breast

At your Practicum