

Syllabus: NURS 136

Health Appraisal

Fall 2010

CALIFORNIA STATE UNIVERSITY, FRESNO
DEPARTMENT OF NURSING



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MISSION STATEMENT:

Health Appraisal, NURS 136, is designed to instruct undergraduate and graduate students with a basic knowledge of human anatomy and physiology. Working through the steps of history taking and physical examination, students completing this course, are prepare to identify problem symptoms and abnormal findings throughout the life span in diverse populations; link these findings to and underlying process of pathophysiology or psychopathology; and establish and test a set of explanatory hypotheses.

VISION STATEMENT:

At the completion of this course, students working through the steps of history taking, physical examination, analysis of findings, and evaluation will recognize the multifaceted profile of the clients before them. Graduates of this course will also come to recognize that these learned skills that allow assessment of all patients also shape the image of the unique human beings entrusted to their care.

COURSE OBJECTIVES

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

1. Collect a comprehensive health history which reflects an understanding of the client's ethnicity, culture, environment, lifestyle and age which influence the client's state of health and potential for disease.
2. Perform a systematic physical examination applying techniques of inspection, palpation, percussion and auscultation.
3. Show a beginning ability to use specialized tools such as otoscope, ophthalmoscope and reflex hammer.
4. Make appropriate adaptation in the physical examination based on the client's age, degree of bio-psycho-social discomfort and current state of health.
5. Record the findings in the SOAP and problem-oriented formats using appropriate medical and nursing terminology.
6. Analyze a data base for significant clues to alterations in health and the presence of disease.

7. Develop an initial plan for health maintenance, health promotion and disease prevention in collaboration with the client, family and other health care providers.

REQUIRED TEXTS

Required: *Bates' Guide to Physical Examination and History Taking*, 10th Edition

Recommended: *Bates' Pocket Guide to Physical Examination and History Taking*, 6th Edition

READING REQUIREMENTS:

Self-directed reading in topic areas designated in the course syllabus is to be based on each student's self-identified need (s). In addition to the topic areas, the reading of student handouts and instructor lecture materials is highly recommended.

GRADING CRITERIA:

A=90-100% B=80-89% C= 70-79% D=60-69% F=59% and below

450-500 Pts 400-449 Pts, 350-399 Pts, 300-349 Pts, 299-Points

ASSIGNMENTS:

<i>Assignment</i>	<i>Points</i>	<i>Weight</i>
Written History	100	20%
Written Physical	100	20%
Midterm Examination	100	20%
Final Physical Examination	100	20%
Final Written Examination (comprehensive)	100	20%
<i>Total</i>	500	100 %

Please note: Under no circumstances will late assignments be accepted. Without exception examinations will take place on the dates designated.

REQUIRED EQUIPMENT

Blood pressure cuff	Snellen eye chart (near vision card)
Stethoscope	Tuning fork (128 Hz and 256 Hz)
Penlight	Otoscope/ophthalmoscope; optional
Clear plastic ruler (6 inches)	Reflex hammer

SUGGESTED READING LIST

Weeks 1 and 2:	Chapter 1– Overview: Physical Examination and History Taking
	Chapter 2 – Clinical Reasoning, Assessment, and Recording Your Findings
	Chapter 3 – Interviewing and the Health History
Week 3:	Chapter 4 – Beginning the Physical Examination: General Survey, Vital Signs, and Pain
	Chapter 6 – The Skin, Hair, and Nails
Week 4:	Chapter 7 – The Head and Neck

- Week 5: Chapter 8 – The Thorax and Lungs
Chapter 9 – The Cardiovascular System
- Week 6: Chapter 11 – The Abdomen
- Week 7: Chapter 12 – The Peripheral Vascular System
- Week 8: Chapter 16 – The Musculoskeletal System
- Week 9: Chapter 5 – Mental Status and Behavior
Chapter 17 – The Nervous System
- Week 10: Chapter 10 – The Breasts and Axillae
Chapter 14 – Female Genitalia
- Week 11: Chapter 13 – Male Genitalia and Hernias
Chapter 15 – The Anus, Rectum, and Prostate

ASSIGNMENTS DETAILS AND EXAMS:

Nursing History: (100 points) - Due Week 3

Complete a thorough face-to-face interview of your lab partner.

Record hand-written information on the form titled "Nursing History" located in your syllabus.

- Choose a partner to work with. You will interview each other for the health history and you will also work together in skills practice sessions and on the final observed physical assessment. Worksheet for history taking is in workbook.
- When you are being interviewed by a classmate during the health history, try not to volunteer information too readily.
- Develop a preliminary problem list based on the information given in the health history. Example on formulation of a problem list will be given in class.
- You will use the information collected in the health history to formulate a one-page SOAP note. Guidelines will be given in class for this process.

Mid-term Physical Examination: (100 points)

- Conduct a complete head-to-waist physical examination of your lab partner. (Breasts are not included in this exam).
- You will have 30-minutes to complete the exam.
- A check-off exam sheet can be located in your syllabus.

Final Physical Examination: (100 points)

• Conduct a head-to-toe physical examination of your lab partner. (Pelvic not included)
You will have 40-minutes to complete the exam.

- Systems to Cover:

Introduces self, hand hygiene

_____ Takes appropriate history: CC, HPI, PMHx, FmHx, P/SHx, ROS

_____ Uses equipment appropriately

_____ Explains procedure

_____ Proceeds in logical order

_____ Summarizes appropriately

Head and Neck: (CC: headache, stiff neck, thyroid problem)

_____ Inspects and palpates scalp

_____ Inspects and palpates neck for thyroid

_____ Palpates for lymph nodes

_____ Palpates trachea

_____ Checks range of motion

_____ Palpates and percusses sinuses

Eyes (CC: vision changes, red eyes, trauma)

_____ Checks vision

_____ Inspects conjunctiva/sclera, cornea, lens

_____ Checks pupil reaction

_____ Checks EOM

_____ Uses ophthalmoscope correctly

_____ Elicits red reflex

Abdomen (CC: abdominal pain, diarrhea, constipation, mass)

_____ Drapes correctly

_____ Inspects for contour and lesions

_____ Auscultates prior to palpation

_____ Perform light palpation prior to deep palpation

_____ Palpates all 4 quadrants

_____ Palpates for liver and spleen

CV (CC: chest pain, planning to start exercise program)

- _____ Drapes correctly
- _____ Inspects thorax
- _____ Auscultates all listening areas in at least 2 positions
- _____ Palpates for apical impulse and thrills
- _____ Palpates peripheral pulses

Muscle (Injury, stiffness, backache)

- _____ Compares sides throughout exam
- _____ Inspects for posture and gait
- _____ Evaluates ROM of major joints
- _____ Evaluates strength of major muscle groups
- _____ Checks spinal curvatures including check for scoliosis

A check-off exam sheet can be located in your syllabus.

Laboratory Assignments: (100 points-10 assignments worth 10 points each)

- Following lecture and physical examination demonstration, conduct a physical examination of your lab partner.
- Record your findings on the lab sheets provided for each system examined.
- Turn these lab sheets in at the completion of your final head-to-toe physical examination.

Comprehensive Final Examination: (100 points)

- At the designated time, access and complete the final comprehensive written examination on Blackboard.
- Each question will be randomly displayed one at a time.

- Answer the question at the time of viewing as you will not be able to go back to a question.
- This is a 90 minute examination.
- Submit examination upon completion.