

Syllabus: NURS 180T

Physical Assessment for School Nurses

Summer 2010

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Course Number: Nursing 180T (Nursing 136)
Course Title: Physical Assessment for School Nurses
Units: 3 Units
Prerequisites: Permission of Instructor
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Catalog Description:

Health appraisal integrates psychosocial and pathophysiological processes, which includes techniques of history taking and health assessment in nursing practice and knowledge of normal findings and common deviations.

Learning Objectives:

On completion of the course student will be able to:

1. Collect a comprehensive health history for clients, which reflect an understanding of factors such as heredity, culture, ethnicity, lifestyle and environment, which may influence the client's state of health and potential for disease.
2. Perform a systematic physical examination applying techniques of inspection, palpation, auscultation and percussion.
3. Show a beginning ability to use specialized tools such as the otoscope, ophthalmoscope, and reflex hammer.
4. Make appropriate adaptations in the data collection format based on the client's age, degree of discomfort, and current state of health.
5. Record the findings in the problem-oriented medical record format using appropriate medical terminology.
6. Analyze a data base for significant clues to alterations in health and/or presence of disease.
7. Develop an initial plan for health maintenance, health promotion and disease prevention in collaboration with the client/family and/or other health care providers.

Learning Activities:

The class is divided into lecture and activities sessions.

Lecture portion: Lecture, videos, directed readings, and lab manual assignments

Clinical portion: Practice, return demonstrations, health histories & physical assessment.

Grading Criteria:

A-90-100% B-80-89% C-70-79% D-60-69%

NOTE: Students are expected to be familiar with the statement on academic dishonesty in the University Catalogue.

Assignments:

ASSIGNMENT	% OF GRADE	PTS. POSS.
1. Health history	15%	15
2. SOAP note	15%	15
3. PE write-up	20%	20
4. Clinical activity	20%	20
5. Observed Assessment	30%	30

REQUIRED TEXTS: BOTH MUST BE PURCHASED TO PASS COURSE

Jarvis, Carolyn. "Physical Examination and Health Assessment". 5th Edition. 2008. Saunders Elsevier.

Jarvis, Carolyn. "Student Laboratory Manual. Jarvis Physical Examination and Health Assessment". 5th Edition. 2008. Saunders Elsevier.

Textbook Acquisition Options:

1. Purchase on upper level of CSUF bookstore.
2. Or order from any on line textbook source such as Amazon, Target etc.

N 180 T COURSE CALENDAR

<i>DATE</i>	<i>TIME</i>	TOPIC	ACTIVITY	ASSIGNMENT
Friday July 16	5-6 pm	Introduction to Course	Review Syllabus	Orientation to Class
	6-7 pm 7-7:30 7:30-10	Interviewing, History Taking, genogram development	Video Lecture History taking with peer	Jarvis Ch. 1, 2, 3, 4, 5, 6, 7 Worksheet for Hx taking p. 33-40
Saturday July 17	8-10 am 10-12	Recording, SOAP notes Clinical Exam, Assessment Techniques	Introduction to Skills Lab, Equipment	Jarvis, Ch. 8, 9, 10, 11
	12-1pm Lunch 1-2 pm	Skin, hair, nails	Video- skills Practice. Work in lab manual	Jarvis, Ch. 12 Clinical Activity P. 103-104
	2-5 pm	Head, face, neck (thyroid & lymph system)	Video, skills practice Write SOAP note cc: "rash on arm x 3d"	Jarvis, Ch. 13 Clinical Activity P. 115
Sunday July 18	8-11:30 am 11:30 Lunch 12:30-4 pm	Eyes, Ears, Nose, Throat	Videos, skills practice Skills practice contd. Complete Hx on peer	Jarvis, Ch. 14, 15, 16 Clinical Activity P. 127, 137, 147 SOAP DUE!

Friday <u>July 30</u> 5-10 pm	Thorax/ Lungs Heart, Vessels Cardio-Respiratory	Videos Videos, review murmur Audiotapes	Jarvis, Ch. 17, 18, 19, 20 Clinical Activity P. 171, 195-196
Saturday, July 31 8-11:30 11:30 Lunch 12:30-2 pm 2-3 pm 3-5pm	Abdomen Musculoskeletal Neurological	Skills practice Video, skills practice Video, skills practice PE on peer	Clinical Activity P. 209-210 Jarvis, Ch. 21, Lab Jarvis, Ch. 22, 23 P. 219-221, 235-236
Sunday, August 1 8-11 am 11-12 Lunch 12-5 pm	Exam infant, child, adolescent, preg, adult, & elderly Observed Hx/PE	Video, skills practice	Jarvis, Ch. 27 Hx/PE write up on peer due P. 33-40, 277-281

Please see note on next page re: class calendar information

Class Calendar – NOTE: Dear Students: Minimal time for reading and assignments will be allowed in class. Prior reading and assignment completions by students is recommended since some homework is expected in all university classes and the time frame of the class is very short. However the faculty recognize that this will be more of a learn-as –you-go course, and I believe that more learning occurs in a stress free environment. The Jarvis text is very readable and student friendly, as are the clinical activity assignments. Since students will have a partner of their choice during the classes, it is acceptable to do the review questions together. Students might want to read several Jarvis chapters in the weeks prior to the first day of class. This will allow more time to practice skills or to catch up on the next day’s reading. Some chapters could be read on the two weeks of break. There will be no written exam or formal papers required in the course, and there will be minimal lecturing due to the use of videos, skills practice and lab manual assignments. Please bring your own stethoscopes, and otoscope/ ophthalmoscope instruments if you have them. We do have equipment available. The class should be fun, so just relax and enjoy it. Assessment of the genitalia and the pregnant client will not be covered in this class due to time constraints, but these topics are covered in Jarvis. The usual format of the class will be as follows: classroom videos and/ or lecture for each system, students working in pairs in the skills lab to practice skills learned in that session, and back to the classroom to read and do clinical activity assignments.

Note: Instructors reserve the right to make necessary course changes due to unforeseen circumstances.

N180 T

Unknown Demo-Observed

ALL Exams: 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

Musc (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

GUIDELINES AND GRADING CRITERIA FOR ASSIGNMENTS

ASSIGNMENT DETAILS

HEALTH HISTORY (15 points) and SOAP NOTE (15 points)

1. 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.
2. When you are being interviewed by a classmate during the health history, try not to volunteer information too readily.
3. 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.
4. You will use the information collected in the health history to formulate a one-page SOAP note due Sunday July 18. Guidelines will be given in class for this process.

CLINICAL ACTIVITY ASSIGNMENTS (20 Points possible)

10 Clinical activities will be handed out in class for completion during the practice session and turned in at the end of that class day.

OBSERVED ASSESSMENT SKILLS RETURN DEMONSTRATION (30 points possible)

Scheduled time will be set-aside for student to do an observed Hx / exam on an unknown problem. Working in pairs, each will choose 1 of 5 potential problems, take appropriate Hx, do appropriate PE and briefly summarize findings.

WRITE-UP OF PHYSICAL ASSESSMENT (20 points possible)

1. Continue with the same person you used for your history.
2. Collect an interval history. (Any changes since your initial history, 1 page max)
3. Follow the guidelines on physical exam documentation that is in the Jarvis text, chapter 27, page 277-281 in the student manual.

Develop a short problem list based on the history and physical exam. Develop a preliminary plan for any current problems. A one sentence plan is sufficient for each problem identified. This write-up will be turned in at the end of class.