



**Nursing & Allied Health Studies Department
School of University Studies, Career Programs and Academic Upgrading**

**UNIVERSITY OF ALBERTA
COLLABORATIVE BACCALAUREATE
NURSING PROGRAM:
KEYANO COLLEGE**

COURSE SYLLABUS

NURSING 105

HEALTH ASSESSMENT

January 7, 2019 – April 25, 2019

INSTRUCTORS:

Lecture: Shelley Bessey

Labs

Group X & Z: Gabby Scott

Groups Y & W: Donna MacDougall

Revised: 2018/12

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NURSE 105
Introduction to Health Assessment
Course Outline

CALENDAR STATEMENT

NURSE 105: Introduction to Health Assessment*4 (fi 8) (3-0s-3) over 15 weeks.

The focus of this course is on the health assessment of the well adult with expected aging modifications. The course provides a beginning foundation of assessment skills and technologies necessary for determining client health status within the context of a nursing framework. Factors influencing lifestyles and personal health practices are included. Co-requisites are Nurse 113 and 103.

COURSE HOURS

Lecture: 36 Seminar: 0 Lab: 36

COURSE DESCRIPTION

This course provides an introduction to health assessment within nursing practice. Opportunity will be made available for practicing health assessment, communication skills, and applying health promotion as it relates to health assessment. In this course students will learn through several teaching/learning methodologies including lecture/discussion, demonstration, simulation and laboratory practice.

INSTRUCTOR INFORMATION

Shelley Bessey
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OFFICE HOURS

The instructor is available for student consultation in office from Monday to Friday. Please contact your instructor at the above email or contact the Nursing Office at (780) 791-4889 to arrange a specific appointment time.

LEARNING OUTCOMES

(Based on the anticipated competencies of a first-year nursing student)

Levels of independence:

With assistance: The student requires direction and information.

With minimal assistance: The student requires *occasional* direction and information.

With guidance: The student requires clarification, prompting and confirmation.

With minimal guidance: The student requires *occasional* clarification, prompting and confirmation.

Independently: The student works mostly on his or her own and seeks information, clarification and consultation as appropriate.

Direction: Instructor tells the student what to do, about what steps to take.

Information: Instructor tells the student specifics about a concept or topic.

Clarification: Instructor, through questioning and feedback, assists the student to state their information in a different and clearer way, often with more details. The student asks questions to increase their understanding; questions asked demonstrate a sound knowledge base.

Prompting: Instructor provides the student with a cue that answer is incomplete or incorrect and how to resolve the lack of information. A prompt is broader than a hint. Prompting is generally used to add breadth or depth.

Confirmation: Instructor provides positive feedback for correct information and direction provided by the student.

Consultation: The student provides instructor with information and/or direction and asks specific questions about the information or direction which the instructor confirms.

Occasional: Indicates that input is provided by instructor now and then.

Learning Outcomes

Students are responsible to familiarize themselves with *Graduate Competencies and Year End Outcomes Collaborative BScN*. Particular attention must be paid to the competencies associated with NURS 105.

All students must practice in a manner that is consistent with the following:

1. College and Association of Registered Nurses of Alberta (CARNA), Entry to Practice Competencies for the Registered Nurses Profession (2013). Accessed at: http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN_EntryPracticeCompetencies_May2013.pdf
2. CARNA Practice Standards for Regulated Members (2013). Accessed at: http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/PracticeStandards_Jan2013.pdf
3. Canadian Nurses Association (CNA) Code of Ethics for Registered Nurses (2017). Accessed at: <https://www.cna-aiic.ca/-/media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive.pdf>

At the completion of the course, the student is expected to:

1. Describe, understand and articulate an understanding of theory related to key patient safety concepts including communication, teamwork, environmental and human factors, safety risks and adverse events disclosure.
2. Demonstrate, understand and articulate an understanding of theory related to patient centered care and interdisciplinary practice.
3. Apply knowledge of anatomy, physiology, and pathophysiology during the physical examination of the well adult considering modifications for age.
4. Demonstrate preparedness, professionalism, and appropriate communication skills, within the course.
5. Describe the basic examination techniques and specific characteristics to be assessed during the physical examination.
6. Provide rationale underlying the techniques used during the physical examination.
7. Conduct a health history interview that reflects a comprehensive account of the adult client's physical, social, and mental health status with modifications for the client's age.
8. Demonstrate a health promotion focus throughout the health history interview and physical examination.
9. Perform a physical examination of a well adult client within the laboratory setting, using *appropriate equipment and assessment procedures and techniques*.
10. Interpret subjective and objective data to validate findings and draw inferences on the client's health status.
11. Differentiate between findings which are within expected limits, including age specific differences, and findings which would denote deviation.
12. Document a comprehensive health history and physical exam using principles of recording.

NURSING PROGRAM POLICIES

Please refer to the Nursing Program Student Handbook for specific Nursing Program Policies, including, attendance, examinations, withdrawal dates for classes, and plagiarism. Refer to Keyano College Calendar for Student Rights and Responsibilities, Misconduct and Discipline, and Student Appeal Procedure.

Every student is expected to review and become familiar with the matters addressed in the Student Code of conduct Policy, Student Code of Conduct Procedure and Student Rights Policy. These address student rights, responsibilities and behavior. See below to access web links.

In addition, every student is responsible for reviewing various other policies and procedures relating to enrolment at the College which can be found on the College's website. Every student is expected to adhere to these policies and to encourage other students to do the same.

Please refer to the Student Handbook and review the following:

- Student Code of Conduct Policy (Policy 110.0)
<http://www.keyano.ca/Portals/0/Documents/Registrar/110%20Student%20Code%20of%20Conduct%20Policy%20-%20Approved.pdf>
- Student Code of Conduct Procedure (110.1).
<http://www.keyano.ca/Portals/0/Documents/Registrar/110.1%20Student%20Code%20of%20Conduct%20Procedures.pdf>
- Student Rights Policy (Policy 111.0)
<http://www.keyano.ca/Portals/0/Documents/Registrar/111%20Student%20Rights%20Policy%20-%20Approved.pdf>

Refer to Appendix A for Keyano College Percentage – Alpha Grading System.

Plagiarism

All students must complete the Plagiarism/Tutorial Certificate found on Moodle. To locate this information, sign into Moodle and on the right hand side of the Moodle page under the heading ‘student’ the tutorial can be located.

Expectations:

1. The certificate must be shown to the instructor prior to submitting any written assignment. Failure to show the instructor the certificate of completion could result in a late written assignment penalty.
2. If you have completed this tutorial in a University Studies course you can show your instructor the certificate. The tutorial is required to be completed only once during your time at Keyano unless you have left the program and returned.

Late Assignments

All assignments are to be submitted as indicated in the syllabus and timetable. Extensions on assignments may be granted; however, must be negotiated with the instructor prior to the due date and with a date specified for late submissions. Assignments not submitted on the day and time specified will incur a 5% deduction per day including weekends. This will be applied each day until the assignment is received by the instructor. Students can submit assignments by e-mail on weekends, but must provide a paper copy on the first day following the weekend

SPECIALIZED SUPPORTS

Accessibility Services

It is the College's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, please let me know immediately so that we can discuss options. You are also welcome to contact Accessibility Services (780-791-8934) or visit their office (CC-260) to establish reasonable accommodations.

REQUIRED LEARNING EXPERIENCES

LECTURES

Students will work with the instructor in class to acquire the necessary knowledge to meet the course objectives. The N105 Timetable will be posted on Moodle detailing the topics, dates, times and locations of all lectures. Students are expected to attend all lectures in the section in which they are registered.

N105 theory is divided into four units. The focus of the theory component is on helping students acquire and understand the knowledge necessary to be able to perform both focused and comprehensive health histories and physical examinations of clients across the lifespan. The theory component of the course will be facilitated using a variety of teaching methodologies including lectures, group work and videos. Students are expected to actively participate in the learning process and to come to all learning experiences having completed all required readings.

N105 Theory Units

Unit 1. Holistic Assessment

- 1.1 The Interview
- 1.2 Cultural and Social Considerations
- 1.3 Developmental Considerations
- 1.4 The Health History

Unit 2. Assessment Approaches

- 2.1 IPPA Framework
- 2.2 General Survey
- 2.3 Five Vital Signs

Unit 3. Physical Examination

- 3.1 Skin, Hair and Nails
- 3.2 Head, face and Neck Including Regional Lymphatics
- 3.3 Eyes and Ears
- 3.4 Nose, Mouth & Throat
- 3.5 Breasts and Regional Lymphatics
- 3.6 Thorax and Lungs
- 3.7 Heart and Neck Vessels
- 3.8 Peripheral Vascular system and Lymphatic System
- 3.9 The Abdomen
- 3.10 The Musculoskeletal System

3.11 The Neurological System

Unit 4. Integrating the Health Assessment

4.1 The Complete Health Assessment: Putting It All Together

4.2 Developmental Considerations

LAB ACTIVITIES

Lab learning experiences are required for students to develop nursing skills, integrate theory, pose questions, and practice psychomotor skills within a supportive learning environment prior to working with patients/clients/families. IBL principles are maintained in the lab setting. Students are expected to dress as indicated in the student handbook. Students are expected to practice the skills taught in the labs outside of scheduled lab time at home or by arranging additional time in the lab when it is available. Students are responsible for making up a missed lab and can arrange this in consultation with the course instructor. The grading method for lab evaluations will be pass/fail.

Please refer to the Nursing 103 Timetable for times and room number for labs. **Attendance at assigned lab section is required. All students are expected to come to the labs with all assigned readings and pre-lab activities completed.**

The topics of the Nursing 105 Labs are the following:

1. The Health History
2. The Five Vital Signs
3. Skin, Hair & Nails
4. Head, Face, Neck & Regional Lymphatics
5. Eyes, Ears, Nose, Mouth & Throat
6. Abdomen, Breasts & Regional Lymphatics
7. Thorax & Lungs
8. Heart & Neck Vessels
9. Peripheral Vascular & Lymphatic System
10. The Musculoskeletal System
11. The Neurological System

Laboratory Evaluation: Evaluation of psychomotor lab learning experiences will be completed by the instructor at the completion of all lab learning experiences using the system-specific Lab Evaluation Tool posted in Moodle. Please refer to the Lab Learning Outcomes posted on Moodle for specific information regarding lab sessions.

COURSE EVALUATION

In order to successfully complete this course, all evaluation components must be completed and submitted. Grading for all evaluation components will be based on the percentage marking system in **Appendix A**.

Course Evaluation Process

Exams/Lab Evaluation	Value	Due Date or Writing Date
Quizzes (4)	20%	Please refer to Timetable
Midterm	35%	Please refer to Timetable
Final Exam	45%	Please refer to Timetable
Laboratory Evaluation	Pass/Fail	Please refer to Timetable
Total	100%	

Passing Requirements

1. Complete and **PASS** all evaluation strategies as outlined above.
2. Pass the Lab component of NURS 105.
3. Demonstrate consistent satisfactory performance in lecture and laboratory learning experiences.
4. Be present and contribute during both small and large group sessions.
5. Attend all required learning experiences including lectures and labs. Any absence from lecture or lab experiences must be reported to the instructor **prior to** the session. Unexplained absences demonstrate unprofessional behavior and will be documented and reflected in grading.
6. Obtain a passing grade in Laboratory Evaluation.
7. The minimum passing grade in this course is a C-.

COURSE EVALUATION DESCRIPTIONS

Quizzes (20%)

There will be four quizzes. Each quiz contains 20 multiple choice questions and is weighted at 5%. Quizzes are paper-based. Please see the course Timetable for dates and times.

Midterm Examination (35%)

The mid-term examination will be computer-based. It contains 50 multiple choice questions and is weighted at 35%. Please see the course Timetable for date and time.

Final Written Examination (45%)

The final examination will be computer-based. It contains 100 multiple choice questions and is weighted at 45%. Please see the course Timetable for date and time.

Laboratory Evaluation (Pass/Fail):

Lab evaluation will be completed by the lab instructor at the completion of all lab experiences. Performance in lab will be evaluated using the system-specific Lab Evaluation Tools posted in Moodle.

A minimum grade of 80% is required in Lab Evaluation in order to pass the lab component of N105. To successfully PASS Nursing 105, students **MUST** pass the Lab Evaluation component. Students who do not pass the Lab Evaluation component on the first attempt will be required to complete remedial preparation prior to the second attempt. **Students will be allowed a maximum of two attempts to receive a passing grade in the Lab Evaluation.** Students who do not achieve a passing grade on the Lab Evaluation after 2 attempts will be awarded a failing grade of D in Nurse 105.

EXAMINATIONS

All exams will be completed electronically through Moodle, Keyano College's Learning Management System. Examinations begin and end at the scheduled time. Students who arrive late will not be allowed to write the examination if any student has already completed the exam and left the room. Students will not be allowed to leave the classroom during the writing of exams without the permission of the instructor. Students are required to leave all belongings and materials in their lockers. Any items brought to the classroom must be left at the back of the classroom. Food or drink is not permitted in the classroom during exams.

ABSENCE FROM QUIZZES AND EXAMS

If, due to illness or other extenuating circumstances, you are unable to write an exam, you must let the instructor know prior to the exam so that other arrangements can be made. Please call the instructor or the Administrative Assistant at 780-791-4889. If there is no answer, you must leave a message about the absence. Failure to call prior to the exam will result in a failure for that exam.

REQUIRED TEXTBOOK

Jarvis, C., Browne, A. J., MacDonald-Jenkins, J., & Luctkar-Flude, M. (2014). *Jarvis physical examination and health assessment* (2nd Canadian ed.). Toronto, ON: Elsevier Canada.

REQUIRED ADDITIONAL RESOURCES

Balzer Riley, J. (2017). *Communication in nursing* (8th ed.). Philadelphia: Elsevier Mosby

Potter, P., Perry, A., Stockert, P. A., & Hall, A. M. (2014). *Canadian fundamentals of nursing* (5th ed.). Toronto: Saunders Elsevier.

PROFESSIONAL RESOURCES

Alberta Health Services. (2010). *Code of conduct*. Edmonton, Alberta: Author.
Retrieved from <http://www.albertahealthservices.ca/assets/about/policies/ahs-pub-code-of-conduct.pdf>

College and Association of Registered Nurses of Alberta. (2008a). *Primary health care*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/PrimaryHealthCare_Sep2008.pdf

College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author.
Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_EthicalDecisions_May2010.pdf

College and Association of Registered Nurses of Alberta. (2011). *Professional boundaries for registered nurses: Guidelines for the nurse-client relationship*. Edmonton, AB: Author.
Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_ProfessionalBoundaries_May2011.pdf

APPENDIX A

Keyano College Percentage – Alpha Grading System

Descriptor	Percentage Scale	Alpha Scale
Excellent	96-100	A+
	90-95	A
	85-89	A-
Good	80-84	B+
	76-79	B
	72-75	B-
Satisfactory	68-71	C+
	64-67	C
Minimum Pass	60-63	C-
Poor	55-59	D+
	50-54	D
Failure	0-49	F