



UNIVERSITY OF ALBERTA
Faculty of Nursing Undergraduate Programs
BScN COLLABORATIVE PROGRAM
Grande Prairie Regional College, Keyano College,
Red Deer College, University of Alberta



NURS 125
NURSING PRACTICE - HEALTH ASSESSMENT & NURSING PROCESS
COURSE OUTLINE

**Note: Students are expected to familiarize themselves with this course outline,
the BScN Program Student Handbook and Moodle site.**

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NO PART OF THIS MODULE MAY BE ALTERED WITHOUT PERMISSION FROM THE DEPARTMENT CHAIR

Calendar statement

NURS 125 -Nursing Practice - Health Assessment & Nursing Process

(★4) The focus is on the health assessment of the adult, and expected health assessment findings throughout the lifespan. The course provides a beginning foundation of the nursing process as framework for developing assessment skills and use of clinical technologies necessary for determining client health status and provision of care. Course includes 15 clinical hours total.

Prerequisites: MMI 133, NURS 106 and NURS 120 (or NURS 103);

Corequisite: NURS 124 (or NURS 103).

Students must achieve a minimum grade of C+ in order to progress in the program. Credit cannot be obtained for NURS 125 if credit is granted for NURS 105 or 305.

Course hours

Lecture: 2/week

Lab: 2/week

Clinical: 15 hours for entire term

Total: 75hrs/12 weeks

Course Learning Outcomes

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

- 1) Understand the role of health assessment in nursing practice and patient care in all settings.
- 2) Develop and demonstrate the relationship of health assessment and assessment skills in the nursing process through understanding of subjective and objective data collection, validation of findings, and exploration of beginning phases for patient care.
- 3) Provide rationale underlying assessment techniques for subjective and objective data collection.
- 4) Apply therapeutic communication skills to facilitate professional relationship building, conduct health history interviews, health promotion activities, risk reduction identification, and patient learning.
- 5) Describe and demonstrate a holistic approach to health assessment across the lifespan.
- 6) Acquire the foundational skills of physical examination and demonstrate safe, timely and competent patient assessments.
- 7) Demonstrate professionalism and ethical practice during health assessment and nursing practice.
- 8) Demonstrate accurate, organized, and concise documentation of health assessment findings.

TRANSFERABILITY:

U of A NURS124

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more

information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

Course Instructors

Name	Office number	Phone number	email
Donna MacDougall	S109B	780-791-4975	donna.macdougall@keyano.ca
Jennifer Courtney	CC187H	780-791-4812	jennifer.courtney@keyano.ca
Tiffany Hickey	S109E	780-791-8987	tiffany.hickey@keyano.ca

Note:

- Please allow 2 business days for a response. Include “NURS 125” in your subject line.
- Professional and respectful communication is expected.

Communication:

It is the students’ responsibility to ensure that they check Moodle courses at minimum of twice daily, once in morning and evening. It is recommended to check Moodle more frequently. It is the students’ responsibility to ensure thorough review of all resources and content on the Moodle course site. The instructors have placed many resources and documents to ensure the students’ success in each course.

Instructors will communicate with the student group by announcements in the news forum on Moodle. Please ensure that you check this at least twice daily.

It is the students’ responsibility to check their Keyano College email at minimum of twice daily, once in morning and again in evening. It is recommended to check email more frequently. Please note that the method to contact your instructor is email. Please allow a 48 hour minimum response time from your instructor on business days. Instructors will not be checking emails on evenings and weekends/holidays. Do not text or call your instructor unless you will be absent for clinical that day; inquiries related to assignments and course content will be sent in an email to your instructor.

Required Computer Access Codes for Elsevier Evolve e-books

Elsevier. (2016). Nursing concepts online-Access Code. Elsevier ebooks

Required Resources

College and Association of Registered Nurses of Alberta. (March 2019). *Entry-to-practice competencies for the registered nurses profession*. Edmonton, AB: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/standards/entry-to-practice-competencies-for-the-registered-nurses-profession.pdf?sfvrsn=15c1005a_12

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College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/guidelines/rn-ethical-decisions-making.pdf?sfvrsn=d714472f_10

College and Association of Registered Nurses of Alberta. (2013). *Practice standards for regulated members*. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/standards/practice-standards-for-regulated-members.pdf?sfvrsn=d4893bb4_8

Canadian Nurses Association (CNA) Code of Ethics for Registered Nurses (2017). Accessed at: <https://cna-aic.ca/~ /media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive.pdf?la=en>

College and Association of Registered Nurses of Alberta. (2008). *Primary health care*. Edmonton, AB: Author. Retrieved from <https://www.nurses.ab.ca/error/404.aspxerrorpath=/docs/default-source/document-library/guidelines/primary-health-care-guidelines.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

Faculty of Nursing, University of Alberta. (2017). *Graduate Competencies and Year-End Outcomes Condensed Version Rev. 2.0*. Retrieved from Moodle Nurse 001Skills/Resources/Policies/Surveys course.

Recommended Textbooks & Resources

Doane, G.H. & Varcoe, C. (2015). *How to nurse*. (1st ed.). Philadelphia, PA: Wolters Kluwer/Lippincott, Williams & Wilkins.

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed). Washington, DC: Author. May supplement with credible APA software equipment i.e. <http://perrla.com/APADetails.aspx>

Required Supplies

Stethoscope

Sphygmomanometer

Penlight

A watch with timing capability (second hand or timer); no apple watches

Black paper

Faculty of Nursing approved uniform (including appropriate footwear)

Nametag

Course evaluation

Assignments/Course components	Dates	Weight	Course Outcomes
1. Lab Assessment Guide	April 7, 2020	20%	1,2,3,4,5, 6, 7, 8
2. Midterm Examination	February 10, 2020 Rm: CC228 1300 - 1500	25%	1,2,3,4,5
3. Skills Showcase	See Timetable	20%	3,4,5,6,7,8
4. Final Examination	April 14 to 22, 2020	35%	1,2,3,4,5,7,8
5. Clinical Practice (clinical assessment tool)	See Timetable	P/F	1,2,3,4,5,6,7,8

Assignments descriptions

1. Lab Assessment Guide (20%)

Performance in lab will be evaluated by the lab instructor after completion of all lab experiences using the Lab Assessment Guide found in Appendix B. Students who receive a zero in any of the three categories on the Lab Assessment Guide will receive a failing grade for N125.

a. Weekly Lab Preparation Activities (Lab Assessment Guide)

Each lab has weekly study guides that reinforces the content from your Jarvis text. Each study guide contains exercises and questions in varying formats that provide the repetition needed to synthesize and master content from the text. Complete each study guide that correlates to the lab being taught prior to coming to lab. This will reinforce your lectures and prepare you for each lab experience. Submit each completed lab to your lab instructor prior to each lab. Once reviewed, the study guide will be returned to you and answers will be placed on Moodle. See Appendix A for corresponding labs and study guides.

2. Midterm Examination (25%)

The computer based midterm will be administered over a 2 hour period. The examination will include content from lectures, required readings, and labs from Week 1 to Week 6 inclusive.

3. Skills Showcase (20% of first attempt)

This is an opportunity to showcase proficiency in assessment skills with a lab partner utilizing objective evaluation criteria that is determined in advance. Three areas of assessment will be selected for the showcase and students are given the evaluative criteria for each to practice prior to the showcase day. Evaluative criteria for each assessment can be located on Moodle. Select a partner for the Skill Showcase as early as possible and inform your instructor. Students must successfully complete their skills showcase in order to pass N125. The pass mark for the Skills Showcase is 80%. Students who do not successfully pass the Skills

Showcase on the first attempt will have one additional attempt. Students who are not successful on the second attempt will receive a failing grade in N125.

4. Final Examination (35%)

The computer based final examination will be administered over a three hour period. The content is accumulative, and covers all lectures, required readings, and labs. The time and date is determined and announced by the Registrar's office during exam week (April 14 to 22, 2020).

5. Clinical Practice (Pass/Fail)

A summative assessment of nursing practice will be completed by the student and the instructor. This will be accomplished through observation, assessment and evaluation of the student during various clinical activities. Students will receive ongoing verbal and/or written feedback from the clinical instructor throughout the course in order to support learning. Feedback may be supplemented with input from peers, the staff of AHS/agency and client/family. See Appendix C for Clinical Assessment Guide.

Students at risk in any of the indicators on the clinical assessment tool will develop a learning support plan in collaboration with their clinical instructor. Students must successfully meet the learning support plan by the agreed upon date. At final, students must achieve a "pass" on all areas of the clinical assessment tool in order to successfully complete N125.

Final grades

The assignments are marked as raw scores according to the percentage weight assigned to each. The marks on course assignments will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale below. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks.

Grading rubric is located in Appendix A.

Deferred final exams:

A student who has missed a final exam because of incapacitating mental and/or physical illness, severe domestic affliction or for circumstances as described in Keyano College's Examination Policy in the Credit Calendar. Students are required to follow the process outlined in the policy should they wish to apply for a deferred exam.

Performance Requirements

Student Responsibilities

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

Student Attendance

Class/Lab attendance is useful for two reasons. First, class/lab attendance maximizes a student's learning experience. Second, attending class/lab is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes/labs. Students who miss classes/labs are responsible for the material covered in those classes and for ensuring that they are prepared for the next class/lab, including the completion of any assignments and / or notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work will not be graded until you show this signed certificate.

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,

Specialized Supports

The Student Academic Support Services (SASS) department: Accessibility Services, Skill Centre and Wellness Services, work together to support student success at Keyano College.

Accessibility Services

Accessibility Services (CC260) supports student success through group and individualized instruction of learning, study and test taking strategies, and adaptive technologies. Students with documented disabilities, or who suspect a disability, can meet with the Learning Strategists to discuss accommodation of the learning barriers that they may be experiencing. Students who have accessed accommodations in the past are encouraged to visit our office at their earliest opportunity to discuss the availability of accommodations in their current courses. Individual appointments can be made by calling 780-791-8934

Skill Centre

Skill Center (CC119) provides a learning space where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff. Students visiting the centre have access to one-to-one or group tutoring, facilitated study groups, and assistance in academic writing. The Skill Centre's Peer Tutor program provides paid employment opportunities for students who have demonstrated academic success and want to share what they have learned. Tutoring is available free to any students registered at Keyano College on a drop in basis, from 9:00 am to 5:00 pm Monday through Friday. Additional evening hours are subject to tutor availability and are posted in the Skill Centre.

Wellness Services

Wellness Services (CC260) offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. The Mindfulness Room in CC260 is available as a quiet space for students to relax during regular office hours. Wellness Service welcomes students to participate in any of the group sessions offered throughout the academic year addressing such topics as Mindfulness and Test Anxiety. Individual appointments can be made by calling 780-791-8934.

Lecture

Students will work with the instructor in class to acquire the necessary knowledge to meet the course objectives. The N125 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.

N125 theory component is focused 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.

N125 Lecture/Labs

- Week 1: Introduction to Health Assessment Labs
Part A: General Survey: Techniques of Assessment and Communication
Part B: Hand Hygiene & Personal Protective Equipment
Lab Preparation Study Guide:
Assessment Techniques and the Clinical Setting
- Week 2: Health History and Assessment of vital signs (BP, HR, temp, SpO₂, pain), height, weight
Lab Preparation Study Guides:
The Interview
The Complete Health History
General Survey, Measurement and Vital Signs
Pain Assessment
- Week 3: Skin, Hair, and Nails, Braden Scale, pressure ulcers/relief, comfort (massage, turning), making an occupied and unoccupied bed
Lab Preparation Study Guide:
Skin, Hair, and Nails
- Week 4: Safe patient Handling (brakes, bed rails, call bell)
Hygiene – partial/complete bed bath, shower including the following concepts: perineal care, foot care, hair care, mouth care (dentures, brushing/swabs), and toileting
Equipment – shower chair/bench, wash basins, kidney basins, denture cups, attends, commode chairs, bedpans, wheelchairs
Activities of Daily Living (ADLs), grooming, dressing, mobility
- Week 5: Musculoskeletal Assessment and It's Your Move
Lab Preparation Study Guide:
Musculoskeletal System
- Week 6: Abdominal Assessment, girth, bowel (enemas, suppositories), ostomy
Feeding (by mouth, by feeding tube (NG & Gtube)
Swallowing, dietician, speech
Lab Preparation Study Guide:
The Abdomen
- Week 7: Respiratory System and assessment, deep breathing and coughing, oxygenation, pulse oximetry, incentive spirometry
Lab Preparation Study Guide:
Thorax and Lungs

- Week 8: Cardiovascular System and Peripheral Vascular System: heart sounds, pulses (carotid, radial, femoral, popliteal, pedal), JVP theory, CSM
 Lab Preparation Study Guides:
 Peripheral Vascular System and Lymphatic System
 Heart and Neck Vessels
- Week 9: Head and Neck: eyes, ears, nose, throat, palpation of lymph nodes
 Lab Preparation Study Guides:
 Head, Face, and Neck, Including Regional Lymphatic System
 Nose, Mouth, and Throat
 Eyes
 Ears
- Week 10: Neurological System and assessment: cranial nerves, mental status
 Lab Preparation Study Guide:
 Neurological system
- Week 11: Genitourinary System and assessment, testicular and breast exams
 Lab Preparation Study Guides:
 Breast and Regional Lymphatic System
 Male Genitourinary System
 Female Genitourinary System
 Anus, Rectum, and Prostate
- Week 12: Head to toe assessment: Integration of all concepts
 Lab Preparation Study Guide:
 The Complete Health Assessment: Pulling It All Together
- Week 13: Skills Showcase

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. 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.

Please refer to the Nursing 125 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.**

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

APPENDIX B

N125 Lab Assessment Guide

Student Name:	Instructor Name:
Date:	Grade: /100

Preparation and Participation	/40
Consistently prepared and participated at expected level.....	40
Required guidance to participate at expected level.....	30
Not prepared for lab learning experiences once	20
Not prepared for lab learning experiences for two or more labs.....	10
Ineffective participation in lab learning experiences.....	0

Professional Conduct	/30
Consistently demonstrated professionalism.....	30
Requires guidance in demonstrating professional communication	20
Requires assistance in demonstrating professional communication.....	10
Consistently lacked professionalism.....	0

Professional Responsibility	/30
Attended all labs or absent only due to extenuating reason	30
Absent once without extenuating reason	20
Late on two or more occasions without extenuating reason	10
Absent more than once without extenuating reason	0

Comments:

Student Signature: _____

Instructor Signature: _____

APPENDIX C

N125 Clinical Assessment Guide

Student Name:	Instructor Name:
Date:	Grade: /100

Preparation and Participation	/40
Required guidance to participate at expected level	40
Required minimal assistance to participate at expected level	30
Required assistance to participate at expected level	20
Not prepared for clinical learning experiences on one or two occasions	10
Ineffective participation in clinical learning experiences.....	0

Professional Conduct	/30
Consistently demonstrated professionalism in the clinical setting.....	30
Requires guidance in demonstrating professional communication	20
Requires assistance in demonstrating professional communication.....	10
Consistently lacked professionalism.....	0

Professional Responsibility	/30
Attended both clinical shifts or absent only due to extenuating reason	30
Absent once from clinical without extenuating reason	20
Late on one or two clinical shifts without extenuating reason	10
Absent for the two clinical shifts without extenuating reason	0

Comments:

Student Signature: _____

Instructor Signature: _____