

**HOLISTIC HEALTH ASSESSMENT ~ NURS 3020**  
**Webster University Nursing Program**  
**Kansas City, Fall I 2009**

**Instructor:** Sally Holkins, RN, MSN, ARNP – BC

**Time:** Wednesday 5:30-9:30

**E-mail:** sholkins@gmail.com

**Course Description:**

This course focuses on the holistic approach to health assessment, combining subjective data from a health history based on a holistic framework and review of systems, and objective findings from physical examination. The student practices interviewing skills, physical examination skills, and documentation skills in the laboratory and client-based situations. The student analyzes the assessment data and identifies strengths and problem areas with the adult client.

Prerequisite: NURS 3010

**Course Objectives:**

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

1. Discuss the role of the nurse in assessing the client's health from the holistic perspective.
2. Discuss cultural and developmental issues impacting assessment.
3. Apply knowledge from the biological sciences, behavioral sciences, and nursing in assessment of the client.
4. Demonstrate effective interviewing skills in obtaining the holistic health history.
5. Utilize a holistic framework to conduct and write a narrative health history.
6. Demonstrate appropriate physical assessment skills and documentation of findings in the assessment of an adult client.
7. Collaborate with the client to identify strengths and problem areas from the health assessment data.

**Textbook:**

Wilson, S. F., & Giddens, J. F. (2009). *Health Assessment for Nursing Practice* (4th ed.). St. Louis, MO: Mosby.

**Teaching Methods:**

Lecture, Videos, Discussion, Demonstration, Return Demonstration, University Laboratory, Health History Data Collection and Analysis, Weekly assignments\*

**Overall Considerations:**

1. Attendance at all class sessions is expected. *An unexcused absence* will result in a proportionate lowering of the final grade.
2. Students are expected to spend 3 hours per contact hour in independent study each week.

3. Assignments turned in late without prior permission will not be accepted.
4. Approved extensions may have points deducted based on the number of days past the due date
5. Classroom discussions are respected as confidential.
6. All information in the course syllabus is subject to change.

### **Cell Phone/Pagers:**

Devices are to be **OFF** or in the **VIBRATE** mode.

### **Requirements:**

#### **\*Lab Write-Ups:**

Time is allotted during class sessions to practice and perform physical examination of the system(s) being presented. Findings from the examination of each system are to be written in narrative form and submitted at the beginning of the next class meeting. These write-ups are graded satisfactory/unsatisfactory (S/U). Points will be deducted from the final grade, if all lab write-ups are not submitted. Lab guides are available in the text as well as on the CD accompanying the text.

#### **Health History:**

The student will write an in-depth, narrative style health history obtained from an adult client of their choice from the community.

The History is to include: **DUE WEEK #3**

1. General Information Section
2. Functional Health Patterns Assessment Section
3. Review of Systems Section
4. Assessment Data Analysis

In collaboration with the client, identify a minimum of one strength or problem area for each of the eleven functional health patterns.

#### **Physical Exam:**

A physical examination is performed on the same client from whom the history was obtained. Exam findings are written in narrative form using the **lab-write-ups as guides**.

#### **Areas to be included in the examination are:**

- General Appearance
- Skin/hair/nails
- Head and face
- Eyes, ears, neck, nose and sinuses
- Mouth and oropharynx
- Breast, thorax and lungs
- Abdominal
- Cardiac and peripheral vascular systems
- Musculoskeletal and neurological systems

**NOTE: HEALTH HISTORY, DATA ANALYSIS AND PHYSICAL EXAM MUST BE TYPED**

#### **Physical Exam System Final:**

Each student will demonstrate through video taping the physical exam of 5 systems on an adult client of their choosing. The systems will be selected week 4 and the video disc will be submitted week 8.

**Evaluation:**

|                               |   |                  |
|-------------------------------|---|------------------|
| <b>Theory</b>                 | <b>Mid-Term Exam</b>                      | <b>20 points</b> |
|                               | <b>Final Exam</b>                         | <b>20 points</b> |
| <b>Practicum</b>              | <b>Health History &amp; Data Analysis</b> | <b>20 points</b> |
|                               | <b>Physical Exam write-up</b>             | <b>20 points</b> |
|                               | <b>Video disc physical exam</b>           | <b>20 points</b> |
|                               | <b>Lab write ups</b>                      | <b>S/U</b>       |
| <b>Total possible points:</b> |   | <b>100</b>       |

|                      |                     |  |
|----------------------|---------------------|--|
| <b>Grading Scale</b> | <b>A</b>            | <b>95-100 points</b>                         |
|                      | <b>A-</b>           | <b>93-94</b>                                 |
|                      | <b>B+</b>           | <b>91-92</b>                                 |
|                      | <b>B</b>            | <b>87-90</b>                                 |
|                      | <b>B-</b>           | <b>85-86</b>                                 |
|                      | <b>C+</b>           | <b>83-84</b>                                 |
|                      | <b>C</b>            | <b>77-82</b>                                 |
|                      | <b>D</b>            | <b>70-76 (Required repeat of the course)</b> |
| <b>F</b>             | <b>69 and below</b> |  |

## Course Calendar NURS 3020

| Class                  | Content                    | Reading Assignment<br>Seidel, et al.  | Activity     | Assignments  |
|------------------------|----------------------------|---|--------------|--|
| Week 1<br>August<br>26 | Unit 1                     | Learning Health Assessment<br>Ethnic & Cultural Considerations<br>Interviewing and Health History<br>Techniques for Physical Assessment | Video<br>Lab | **Wilson- Chpts 1-4  |
| Week 2<br>Sept. 2      | Unit 2<br>Unit 3<br>Unit 4 | General Inspection & Vital Signs<br>Skin, Hair & Nails<br>Head & Neck Examination   | Video<br>Lab | Chpt 5<br>Chpt 10<br>Pg. 156-157, 160-161, 165, 191-196                      |
| Week 3<br>Sept. 9      | Unit 5<br>Unit 6<br>Unit 7 | Eyes<br>Ears<br>Oropharynx  | Video<br>Lab | Chpt – 11 (except<br>head & neck)<br><br>Health History/Data<br>Analysis DUE |
| Week 4<br>Sept. 16     | Unit 8<br>Unit 9           | Breast & Axillae Examination<br>Abdominal & GI Examination  | Video<br>Lab | Chpt 17<br>Chpt 14   |
| Week 5<br>Sept. 23     | Unit 10                    | *Mid-Term Examination<br>(Units 1-8)<br><br>Lung & Respiratory Examination  | Video<br>Lab | Chpt 12  |
| Week 6<br>Sept. 30     | Unit 11<br>Unit 12         | Heart & Peripheral Vascular Examination<br>Musculoskeletal Examination  | Video<br>Lab | Chpt 12<br>Chpt 15   |
| Week 7<br>Oct. 7       | Unit 13                    | Neurological Examination<br>Conducting a Head-to-Toe Assessment   | Video<br>Lab | Chpt 16<br>Chpt 23   |
| Week 8<br>Oct 14       |                            | *Final Examination<br>Units 8-13<br><br>Physical Exam Write-up Due<br>Video Due<br>Course Evaluation                                    |              |  |

**\*\*Read assignments before class**

**Note: Syllabus and calendar subject to change**