

**Webster University Nursing Program
Kansas City**

**HOLISTIC HEALTH ASSESSMENT
Spring 1 - 2010**

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

Time: Wednesday 5:30-9:30

E-mail: sholkins@gmail.com

Phone: 816-674-8585

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. It provides students with a fuller understanding of the mechanisms involved in maintaining homeostasis in the human body. Students will examine selected aspects of systemic body functions. 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.

Prerequisites: Admission to the program

Credit Hours: 4

Learning Outcomes:

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.
8. Collaborate with the client to identify strengths and problem areas from the health assessment.

Textbook:

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

St. Louis, MO: Mosby

(Required!) Must bring to first class!

Essential Course Content: Holistic Framework

Cultural Issues Impacting Assessment

Physiology

Physical Assessment (see individual units)

Interviewing skills

Units: General Appearance; Head and Neck; Eyes and Ears; Nose and Mouth;
Skin; Heart and Peripheral Vascular; Thorax and Lungs; Abdomen and
Breast; Neurological and Musculoskeletal

Learning Activities: Discussion, lecture, exercises, video, weekly assignments, role-playing, return demonstration

Course Assignments/Requirements:

The student is expected to make use of the companion CD included with each text. There are lab guides, exercises and quizzes to enhance your learning health assessment.

1. Health History and Data Analysis

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

The Health History is to include: **DUE WEEK FOUR**

1. General Information Section

2. Functional Health Patterns Assessment Format—See Appendix B

3. Review of Systems Section Page 588-589

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.)

2. Physical Exam Write-up

A physical examination is performed on the same client from whom the health history was obtained. Exam findings are written in narrative form using the **lab-write-ups as guides and note ‘Documentation of Expected Findings’ found in each chapter.**

3. Physical Exam Video

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.

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

4. Weekly Laboratory/Discussion/Exercises

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 using the student lab guide form for each system/chapter 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 handouts from the instructor. If class time does not allow for examination, then a client is used other than the one used for the health history and final exam.

5. Quizzes

There will be 5 quizzes during the course. Each quiz will have 20 questions and be worth 8 points. Quizzes will be given at the beginning of the class period. There will be no make-ups on quizzes missed.

Course Evaluation:

Theory	Quizzes (5)	40 points (20 questions per quiz)
Practicum	Health History & Data Analysis	20 points
	Physical Exam write-up	20 points
	Video disc physical exam	20 points
	Lab write ups	S/U
Total possible points:		100

Grading Scale:

A	95-100 points	A-	93-94
B+	91-92	B	87-90
B-	85-86	C+	83-84
C	77-82	D	70-76
F	69 and below		

Overall Considerations:

1. Attendance at all class sessions is expected. *An unexcused absence* will result in a proportionate lowering of the final grade. We will discuss, in first class meeting, inclement weather conditions and/or severe illnesses that might occur during the term.
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 and examinations 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.

University Policies:**Academic Honesty**

The University is committed to high standards of academic honesty. Students will be held responsible for violations of these standards. Please refer to the university's academic honesty policies for a definition of academic dishonesty and potential disciplinary actions associated with it. These policies can be found online at:

<http://www.webster.edu/graduatecatalog/policies.shtml>

Drops and Withdrawals

Please be aware that, should you choose to drop or withdraw from this course, the date on which you notify the university of your decision will determine the amount of tuition refund you receive. Please refer to the university policies on drops and withdrawals (published elsewhere) to find out what the deadlines are for dropping a course with a full refund and for withdrawing from a course with a partial refund. These policies can be found online at:

<http://www.webster.edu/graduatecatalog/policies.shtml>

Special Services

If you are registered as a student with a documented disability and are entitled to classroom or testing accommodations, it is your responsibility to **inform the instructor at the beginning of the course of the accommodations you will require** in this class so that these can be provided. If you have a disability that may have some impact on your work in this class and for which you may require accommodations please contact the Academic Resource Center.

Disturbances

Every student is entitled to full participation in class without interruption, all students are expected participate in all online course activities. Disruption of the learning process or inconsiderate online behavior is not acceptable. Students are expected to treat the instructor and other students with dignity and respect, especially in cases where a diversity of opinion arises. Students who engage in disruptive behavior are subject to disciplinary action, including removal from the course.

**SPRING 1 – 2010
Weekly Calendar**

Week	Topic	Readings	Learning Activities
1	Learning health Assessment Ethnic & Cultural Considerations Interviewing & Health History Techniques & Equipment for Physical Assessment	Wilson & Giddens Chapters 1-3 Chapter 4	Video/Lab
2	General Inspection & Vital Signs Documenting the Health Assessment Skin,Hair,Nails Head & Neck	Chapter 5 Chapter 24 Chapter 10 Pgs. 156-157, 160- 161, 165-166, 191-196	Video/Lab
3	Eyes,Ears,Nose and Oropharynx	Chapter 11 (except for Head & Neck)	Quiz 1 Video/Lab
4	Breasts and Axilla Abdomen & GI system	Chapter 17 Chapter 14	Quiz 2 Health History/ Data Analysis Due Video/Lab System Selection for Video
5	Lungs & Respiratory System Heart & Peripheral vascular System	Chapter 12 Chapter 13	Video/Lab
6	Musculoskeletal System Neurological System	Chapter 15 Chapter 16	Quiz 3 Video/Lab
7	Conducting a Head to Toe Exam Putting it all together	Chapter 23 Handout	Quiz 4 Video/Lab
8	Physical Exam Write Up Due Physical Exam Video Due Class Evaluation		Quiz 5

*** Assignments must be read before class!!**