

HOLISTIC HEALTH ASSESSMENT ~ NURS 3020
Webster University Nursing Program
Kansas City Spring 2008

Instructor: Dian Davitt RN, PhD
Time: Monday 5:30-9:30 PM

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Course Description:

This course focuses on the holistic approach to health assessment, combining subjective data from a health history based on a holistic framework, 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 assessment data and identifies strengths and problem areas with the adult client.

Prerequisite:

Successful completion of NURS 3010, Concepts of Professional Nursing

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 complete a narrative health history.
6. Demonstrate appropriate physical examination 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.

Textbook:

Seidel, H. M., Ball, J. W., Dains, J. E., & Benedict, G. W. (2006). *Mosby's guide to physical examination* (6th ed.). St. Louis, MO: Mosby.

Cell Phone/Pagers:

Devices are to be OFF or in the VIBRATE mode.

Essential Content:

Holistic Framework
Functional Health Patterns
Cultural Issues Impacting Assessment
Physical Assessment (see individual units)

Teaching Strategies:

Lecture, film, discussion, small group work in lab, demonstration and return demonstration,
Weekly assignments*

Connections:

Power Points and Assessment Links will be available using the Webster University Pipeline Connections. You need to use it to access the Assessment materials.

Requirements:**Lab Write-ups:*

Time is allotted during class sessions to practice and perform physical examinations of the system(s) being presented. Findings from the examination of each system are to be written and submitted at the beginning of the next class meeting. These write-ups are graded and graded as 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 or pair of students will write an **in-depth narrative** style health history obtained from an adult in the community. The history is to include: **DUE WEEK # 3**

1. **General information**
2. **Functional health pattern assessment**
3. **Review of systems**
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:

An adult client is visited to perform the physical examination. Exam findings are written in narrative form using the **lab write-ups as guides**. Areas to be included in the exam are:

1. General Appearance; Skin/hair/nails; Head/neck; Ears; Eyes; Nose/sinuses; Mouth; Heart ; Peripheral Vascular system ; Thorax and lungs; Breast; Abdomen; Neurological system; Musculoskeletal system

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

Physical Exam System Video tape:

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.

Quizzes:

- 5 quizzes will be given: week 2-Health Hx., Head, Neck, Skin
 week 4- Ears, Eyes, Ears, Nose, Mouth
 week 6- Abdomen, Breast, Lungs
 week 7-Heart, Peripheral Vascular
 week 8- Neuro, Musculoskeletal

Evaluation:

Theory	Quizzes	30
Practicum	Health history	25
	Data Analysis	10
	Physical exam write-up	15
	Video disc physical	20
	Lab write ups	S/U
Total possible		100

Grading Scale:

A	95-110	B+	91-92	C+	83-84	F	69 and below
A-	93-94	B	87-90	C	77-82		
		B-	85-86	D	70-76		

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. Classroom discussions are respected as confidential.
5. All information in the course syllabus is subject to change.

COURSE CALENDAR

Week 1 3/17/08

Unit 1

Health History, Gordon's Functional Health Patterns, Cultural Considerations, Developmental Theories, Physical Exam Skills

Assignment: Seidel- Chapters 1, 2, 3, 24, 26

Unit 2

General Appearance, Skin, Head, Neck

Assignment: Seidel- Chapters 8,9,10

Bates Video

Week 2 3/24/08

Unit 3

Mouth

Assignment: Seidel-Chapter 12

Bates video

Unit 4

Nose and Sinuses

Assignment: Seidel- Chapter 12

Bates video

QUIZ #1

LAB

Week 3 3/31/08

Unit 5

Ears

Assignment: Seidel- Chapter 12

Bates video

Unit 6

Eye

Assignment: Seidel-Chapter 11

Bates video

HEALTH HISTORY DUE/DATA ASSESSMENT

Week 4 4/7/08

Unit 7

Breast

Assignment: Seidel- Chapter 16

Bates video

Unit 8

Abdomen

Assignment: Seidel-Chapter 17

Bates video

QUIZ #2

LAB

Week 5 4/14/08

Unit 9

Heart and Peripheral vascular

Assignment: Seidel- Chapters 14,15

Bates video

Unit 10

Thorax and Lungs

Assignment: Seidel- Chapter 13

Bates video

Week 6 4/21/08

Unit 11

Neurological System

Assignment: Seidel- Chapter 22

Bates video

QUIZ #3

LAB

Week 7 4/28/08

Unit 12

Musculoskeletal System

Assignment: Seidel- Chapter 21

Bates video

QUIZ # 4

LAB

Week 8 5/5/08

QUIZ # 5

PHYSICAL EXAM WRITE-UP DUE

Video due

Course Evaluation