



NURSING 211

Health Assessment

**BACHELOR OF NURSING
ACCELERATED TRACK PROGRAM**

COURSE OUTLINE

Fall Session 2009

Class Day(s)/Time: Lecture 01 MTWRF 1300-1450

Dates: October 8 – November 2, 2009
Final Written Exam: November 3, 2009
Objective Structured Clinical Exam: November 2 and 3, 2009

Classroom: Earth Science 162

Course Instructor(s): Kathleen Davidson, RN MN
Faculty of Nursing
Office: PF 2291
Telephone: (403) 210-6765
Email: kmdavid@ucalgary.ca

CALENDAR DESCRIPTION

Health Assessment

Knowledge and basic skills needed to complete a health history and a holistic assessment of healthy individuals. Students will practice health assessment skills on each other.

DETAILED COURSE DESCRIPTION

Nursing 211, Health Assessment, is designed to assist you in acquiring beginning skills in health assessment and physical examination techniques. The process of observation is critical to clinical decision-making in nursing practice. This course provides you with a framework to gather a complete health history and the knowledge to develop basic skills in physical assessment. Supervised laboratory sessions allow you to practice skills and integrate theory using a problem-solving approach.

Nursing 211 is a clinical course with both theory and laboratory components. Within this course, the assessment and consideration of developmental stages, cultures, relationships, and how the individual is positioned in their environment will be addressed. You will have the opportunity to apply the knowledge and skills learned in this course in your first clinical course, Nursing 209.

COURSE OBJECTIVES

Students in Nursing 211 will be provided with opportunities to:

1. Demonstrate appropriate interviewing techniques and sensitivity to client comfort.
2. Differentiate between normal and abnormal physical findings.
3. Obtain an accurate, problem-oriented health history from a healthy individual.
4. Perform appropriate inspection, palpation, percussion and auscultation techniques.
5. Synthesize relevant history and physical assessment findings as the foundation to formulate a holistic 'picture' of a client.
6. Communicate findings of the health history and physical examination using accurate, concise recording and verbal reporting.
7. Demonstrate beginning skill in clinical decision-making based on health assessment information.

COURSE REQUIREMENTS

In order to be successful in Nursing 211, students will complete the following requirements:

	<u>Weight</u>	<u>date due</u>
Lab documentation (x 6)	20%	Corresponding to Labs 3,4,5,7,8,9
Online Terminology Quizzes (x3)	P/F	October 16, 23, 30
Midterm #1	15%	October 19, 2009
Midterm #2	15%	October 26, 2009
Written Final Examination	20%	November 3, 2009 1300-1450
OSCE Exam	30%	November 2 and 3, 2009

Minimum passing grade for this course is C, 63.5%. Students MUST obtain at least 63.5% on the OSCE component to pass the course.

Lab Documentation (20%):

For each documentation assignment, your lab partner will be given a scenario describing the subjective experience of a symptom in one system: respiratory, abdominal, cardiovascular, neurological, musculoskeletal, head and neck. Following history-taking and physical examination of your laboratory partner, you will record and submit your hand-written subjective and objective findings. A narrative, descriptive style will be used to document actual assessment findings. Pertinent negatives, use of appropriate terminology and clinical language, and symptom analysis should be incorporated. You will submit six (6) written documentations: two practice documentations in labs 3 and 4 for feedback, and four documentations in labs 5, 7, 8, and 9 worth 5% each.

Online Terminology Quizzes (P/F):

Students will be required to successfully complete (achieve 100%) three online terminology quizzes. Students must re-do quizzes until 100% is achieved for all three quizzes.

Midterms 1 & 2, and Final Written Examination (20% each):

Both the midterms and final examinations will be written during the term "block" allotted for NURS 211. All examinations will be multiple choice questions. The number of questions on the exam will be shared with the students one-week before the exam.

Objective Structured Clinical Examination (OSCE) (20%):

In mid-October, students will sign up for a 20-minute timeslot to do their OSCE. On the exam days (November 2 and 3, 2009), six OSCE stations will be set up in the Clinical Simulation Learning Centre (CSLC). Students arriving at their appointed OSCE timeslot will be randomly assigned to complete three of the OSCE stations. Each student will have 5 minutes at each of the three assigned stations to demonstrate his/her ability to complete a focused subjective or objective assessment. **The OSCE is a critical element of N211; students MUST obtain a minimum of 63.5% on the OSCE to pass the course.**

PROFESSIONAL CONDUCT DURING LABORATORY SESSIONS

Laboratory sessions are times for you to acquire confidence in eliciting health information and performing physical modes of inquiry on an individual in a supervised setting. Professionalism in the laboratory setting means that you are expected to demonstrate seriousness and maturity, to be on time, to attend, be fully present (mentally and physically) and prepared for each lab, to participate fully for the entire lab period, and to adhere to principles of safety, asepsis, and confidentiality. You are expected to actively participate in discussion and the performance of skills. Students exhibiting unprofessional conduct will receive one warning from the lab instructor. **Failure to demonstrate professional conduct as described above will result in 5% being deducted from the final mark for the course. Five percent (5%) will be deducted from your final mark for each missed lab session unless the lab instructor has been notified and alternate arrangements have been made prior to the start of the lab.**

FACULTY OF NURSING UNDERGRADUATE GRADING SCALE

If the percentage on your assignment is:	The grade on your assignment is:	The weighted grade points will be taken from:	If the total for all assignments is:	Your final grade will be:	And the GPA for the course will be:
98.0 – 100	A+	4.0	3.95-4.00	A+	4.0 Outstanding -- exceptional analysis and synthesis of subject matter.
93.0 – 97.9	A	3.9	3.85-3.94	A	4.0 Excellent -- superior performance, showing comprehensive understanding of subject matter.
88.0 – 92.9	A-	3.7	3.50-3.84	A-	3.7
83.5 – 87.9	B+	3.3	3.15-3.49	B+	3.3
78.0 – 83.4	B	3.0	2.85-3.14	B	3.0 Good -- clearly above average performance with knowledge of subject matter generally complete.
73.5 – 77.9	B-	2.7	2.50-2.84	B-	2.7
69.0 – 73.4	C+	2.3	2.15-2.49	C+	2.3
63.5 – 68.9	C*	2.0	1.85-2.14	C	2.0 Satisfactory - basic understanding of the subject matter. [Minimum passing grade for NURS 203/211.]
59.0 – 63.4	C-	1.7	1.50-1.84	C-	1.7
54.5 – 58.9	D+	1.3	1.15-1.49	D+	1.3
50.0 – 54.4	D	1.0	0.50-1.14	D	1.0 [Minimum passing grade for theory courses.]
49.9 or less	F	0	0.00-0.49	F	0.0

Approved by Faculty of Nursing, Executive Committee of Council, June 9, 2005 [Editorial Revisions: August 7, 2009]

WITHDRAWAL DEADLINE

The last date for withdrawal from this course without penalty is November 3, 2009.

CLINICAL ABSENCES

Please read and adhere to the attached Clinical Attendance Policy.

STUDENT MISCONDUCT

Plagiarism is a serious offence which will result in the following penalty and application:

1. In cases in which the dean and/or faculty is satisfied that a student is guilty of plagiarism, cheating or other academic misconduct in circumstances which suggest a clear intention to deceive or otherwise commit an academic offence, the normal penalty will be either suspension or expulsion from the faculty.
2. In cases in which the dean and/or faculty is satisfied that an offence has been committed, but doubt is left as to the existence of a clear intention to deceive or otherwise commit an academic offence, the normal penalty will be probation.
3. In cases where a student is found guilty of more than a single offence, the normal penalty will be expulsion from the faculty, and in the most serious cases, expulsion from the University.

While it is recognized that scholarly work often involves reference to the ideas, data and conclusions of other scholars, intellectual honesty requires that such references be explicitly and clearly noted.

Plagiarism occurs not only when direct quotations are taken from a source without specific acknowledgement but also when original ideas or data from the source are not acknowledged.

For further information on Student Misconduct Policies, please refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, K. Student Misconduct: www.ucalgary.ca/pubs/calendar/

Intellectual honesty is viewed most seriously at the University of Calgary and compliance with standards of intellectual honesty is an expectation.

ACADEMIC WRITING

The University supports the belief that throughout their University careers, students should be taught how to write well; therefore, written assignments in this course will be evaluated based on the required elements as well as quality academic writing.

For further information, please refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, E. Course Information, E.2 Writing Across the Curriculum: www.ucalgary.ca/pubs/calendar/

EXTENSIONS AND LATE ASSIGNMENTS

Requests for extensions on written assignments must be made in writing to the course coordinator at least 24 hours prior to the due date for the assignment. Requests for extensions made on or after the due date will not be considered. Extensions may be granted at the sole discretion of the course coordinator. Assignments which are submitted late without prior arrangement for an extension will be penalized 5% per 24 hours for each calendar day (including weekends) the assignment is late.

EXAMINATION AND TESTS

For detailed information regarding Examinations and Tests, please refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, G. Examinations and Tests: www.ucalgary.ca/pubs/calendar/

Final examinations

Final Written Exam: November 3, 2009 1300-1450

Objective Structured Clinical Exam (OSCE): November 2 and 3, 2009. Students will sign up for a time slot for the OSCE in mid-October.

Deferred Examinations

A student who becomes ill prior to the examination and is unable to write the examination at the scheduled time will notify the course coordinator (not the lab instructor). Please call the course coordinator (voice mail) and leave a message stating the date and time you called, reason for missing the scheduled examination and a phone number where you can be reached so that arrangements can be made for you to write a deferred examination. You may be expected to submit a doctor's certification prior to writing the deferred examination. For further information regarding Deferral of Final Examinations Policies, please refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, G. Examinations and Tests, G.6 Deferral of Final Examinations: www.ucalgary.ca/pubs/calendar/

REAPPRAISALS AND APPEALS

For information on reappraisals and appeals, refer to the official online University of Calgary Calendar 2009-2010, Academic Regulations, I. Reappraisal of Grades and Academic Appeals: www.ucalgary.ca/pubs/calendar/

Please note the 15 day timeline from the receipt of a mark and a request for reappraisal and/or appeal to the Associate/Assistant Dean, Undergraduate Programs.

ACADEMIC ACCOMODATIONS

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation, you must officially register with the Disability Resource Centre. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor within the first week of the start of this course.

Further information can be obtained at: www.ucalgary.ca/drc/ or by calling 403-220-8237.

REQUIRED TEXTBOOKS/RESOURCES

The following required textbooks are **available for purchase at the University of Calgary Bookstore.**

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th Ed.). Washington, DC: American Psychological Association.

For help with understanding APA formatting <http://www.psywww.com/resource/apacrib.htm>

Jarvis, C. (2009). *Physical examination and health assessment (1st Canadian Edition.)*. Toronto: Saunders. (including Online access)

GUIDE TO HEALTH ASSESSMENT LABS

The main objective of the health assessment labs is to practice skills required to obtain a relevant health history and physical examination on an individual. These skills will form the foundation of your clinical practice throughout your professional career.

Students are expected to complete the required readings and view the applicable DVD(s) **prior** to each laboratory session. You will be gathering data and practising examination techniques with your lab partner throughout the course. Please bring your stethoscope to all labs. To properly inspect and observe your partner, it is expected that you will use gowns provided in the lab for most of the lab sessions, i.e., assessment of the thorax, heart, and abdomen. You may wish to come to lab prepared with clothing that allows your partner easy access to limbs and joints (shorts, tank top, etc.). Practice in properly draping and providing for the comfort of your partner is part of this laboratory experience.

"But if you cannot get the habit of observation one way or another, you had better give up the being a nurse, for it is not your calling, however kind and anxious you be."

Florence Nightingale

cited in Fuller, J., & Schaller-Ayers, J. (1990), p. 3.

**Lecture and Lab Schedule
BNAT NURS 211, Fall 2009**

<i>Week /Date</i>	Lecture Content	<i>Lab [3 per week x 3 hours]</i>
<p>1</p> <p style="padding-left: 40px;">Oct 8</p> <p style="padding-left: 40px;">Oct 9</p>	<p>Class 1 Review of course outline Overview of Health Assessment Cultural & Relational Assessment</p> <p>Class 2 The Health History General Survey Cognition & Level of Consciousness</p> <p>Assessment of Developmental Stage(self-study)</p>	<p>Labs start on Friday Oct 9. Lab #1 Orientation to Assessment Labs, General Survey</p>
Oct 10-12	THANKSGIVING	NO LABS OCT 10 or 12
<p>2</p> <p style="padding-left: 40px;">Oct 13</p>	<p>Class 3 Pain as the 5th Vital Sign Assessment of the Integument</p>	<p>Simulation (90 min): General Survey Lab #2 (90 min) : Pain as the 5th Vital Sign, Integument, Cognition & Level of Consciousness</p>
<p style="padding-left: 40px;">Oct 14</p> <p style="padding-left: 40px;">Oct 15</p> <p style="padding-left: 40px;">Oct 16</p>	<p>Class 4 Respiratory System Assessment</p> <p>Class 5 Assessment of Heart, Great Vessels & Peripheral Vascular System</p> <p>Class 6 Abdominal Assessment Assessment of Breast & Regional Lymphatics</p>	<p>#3 Respiratory Assessment: Lungs & Thorax</p>
<p>3</p> <p>Oct 19</p> <p style="padding-left: 40px;">Oct 20</p> <p style="padding-left: 40px;">Oct 21</p>	<p>MIDTERM #1</p> <p>Class 7 Head & Neck: Eyes Guest: Dr. Donald Kline, U of C Vision & Aging</p> <p>Class 8 Neurological System Assessment Guest: Pam Sweeney, RN NP</p>	<p>#4 Cardiovascular System Assessment: Heart & Great Vessels, Peripheral Vascular</p> <p>#5 Abdominal Assessment, Breast and testicular examination</p>

Oct 22	Class 9 Head & Neck: Ears, Nose, Mouth, Throat, Cervical Lymph Nodes Guest: Chris King-Talley, RN NP	Integration Simulation (90 min): Labs 3-5 Lab #6 (90 min): Anatomical exam of the head and neck (structures, lymph nodes, etc) Pre-OSCE practice
Oct 23	Class 10 Musculoskeletal System Assessment	
Oct 26	MIDTERM #2	#7 : Assessment of the Neurological System: Head & Neck with Cranial Nerves Pre-OSCE practice #8 Assessment of the Neurological System (Peripheral and central nervous system, reflexes) #9 Assessment of the Musculoskeletal System
Oct 27	Class 11 Male & Female Genitalia Assessment TSE/BSE	
Oct 28	Class 12 Functional Assessment of the Elderly	
Oct 29	Class 13 Clinical Applications: Case Studies Pulling it all Together: From Head to Toe	
Oct 30	Review, Catch-up, TBA	
Nov 2 & 3	FINAL EXAM NOV 3, 1300-1450	OSCE exams

FACULTY OF NURSING

Clinical Attendance Policy

<p>Classification Student Affairs</p>	<p>Table of Contents Purpose 1 Scope 2 Definitions 3 Policy Statement 4 Special Situations 5 Responsibilities 6 Parent Policy 7 Related Policies 8 Related Information 9 References 10 History 11</p>
<p>Approval Authority Dean, Faculty of Nursing</p>	
<p>Implementation Authority Associate Dean, Undergraduate Programs Assistant Dean, Undergraduate Programs</p>	
<p>Effective Date September 1, 2009</p>	
<p>Latest Revision September 1, 2009</p>	

Purpose

- 1 The purpose of this policy is to ensure a transparent, fair and consistent approach to managing and tracking student absences for the achievement of clinical/ laboratory course objectives and program requirements.

Within the Nursing Practice Standards established by CARNA (2005) it states that a nurse must ensure their 'fitness to practice' (pg.5). This means that the nursing student must be able to perform essential functions of the nursing role expected for the lab or clinical practice that they have been assigned to without any mental or physical disabilities/illnesses. Therefore, it is the nursing student's professional duty to maintain your state of health and recognize the impact ill-health may have on your patients and colleagues.

- 2 This policy applies to all undergraduate students in the Faculty of Nursing.

Definitions

- 3 In this policy:
 - a) "Absence" means unable to be physically present to engage in nursing practice activities related to the course.

- b) "Clinical make up time" equivalent to the number of hours outlined in the University calendar for the nursing course in question, and formally approved by the course coordinator,
- c) "Mandatory" means obligatory, compulsory, morally or legally binding.

Policy Statement 4

- 4.1** Clinical make up time will be implemented in situations where successful completion in meeting course objectives is in question.
- 4.2** A medical note may be requested.
- 4.3** Clinical make up time is not additional time to assist the student to meet the course objectives.
- 4.4** To fulfill course requirements, attendance at all scheduled lab and/or clinical practice is required. If you are ill or experience an unforeseen circumstance, you must inform your Clinical Instructor and Course Coordinator as soon as possible. If you miss one or more lab/clinical days due to illness or unforeseen circumstance, you may be at risk for not successfully completing the course. You may be asked to withdraw from the course and complete the course requirements at a later date, or you will be required to make up the missed hours. Your situation will be reviewed by the Course Coordinator and Associate Dean, Undergraduate Programs.
- 4.5** Travel/social/recreational activities will not be accepted as reasons for absence.
- 4.6** It is an expectation that students plan vacations that do not interfere with any portion of the course dates in the term. Students are expected to consult the university calendar for term dates including withdrawal and add/drop dates for each academic year.
- 4.7** Absences due to bereavement will be addressed on an individual basis by the Associate/Assistant Deans in consultation with the Course Coordinator (4.1 Applies)

Attendance Policy for Pregnant Students

- 4.8** The student is required to notify the Dean or designate in the faculty of Nursing in writing by the end of the first trimester if/when she becomes pregnant. The student may proceed in the program providing:
 - She has a letter from her physician to confirm the due date and the date at which the physician recommends discontinuance of clinical courses and return to clinical courses.
 - She is able to perform nursing duties as assigned. No special concessions or reduction in patient assignment will be made at any point during the pregnancy.
- 4.9** Failure to comply with these conditions may result in the student being asked to withdraw from the clinical portion of the program. This policy is in consideration of the health and safety of the student, the

student's baby, and the student's clients in clinical practice.
(University of Lethbridge, NESAs Student Handbook)

Special Situations	5	Requests for absences related to nursing scholarship and service learning will be considered.
Responsibilities	6	<i>Approval Authority</i> <ul style="list-style-type: none">• ensure appropriate rigour and due diligence in the development or revision of this policy. <p>Course Coordinators</p> <ul style="list-style-type: none">• make decisions regarding a clinical absence;• collaborate with the Clinical Instructor and the Associate/Assistant Dean, Undergraduate Programs if necessary;• sanctions the location and supervision of the clinical make-up time. <p><i>Implementation Authority</i></p> <ul style="list-style-type: none">• ensure that University staff are aware of and understand the implications of this policy and related procedures;• monitor compliance with the policy and related procedures;• regularly review the policy and related procedures to ensure consistency in practice; and• sponsor the revision of this policy and related procedures when necessary.
Parent Policy	7	Hours specified in the Calendar
Related Policies	8	Arranging Extra Clinical Days due to Absences Religious Observance
Related Information	9	Red Deer College Nursing Department <i>Policies and Procedures</i> University of Lethbridge, <i>NESA Student Handbook</i>
References	10	CARNA (2005), <i>Nursing Practice Standards</i>
History	11	<i>Approved:</i> Reviewed by the Faculty Executive Committee, August 2009; approved by the Dean, August 2009.

Effective: September 1, 2009