

COURSE SYLLABUS
Southeast Missouri State University

Department of Nursing

Course No. NS183

Title of Course: Physical Aspects of the Well Client

Revision

New X

- I. Catalog Description and Credit Hours of Course:
Identification and description of factors that influence functioning in everyday living. Emphases on professional communication, physical assessment, environment, lifestyles, community resources. (3)
- II. Prerequisite (s):
Satisfactory completion of first semester of BSN program.
- III. Objectives of the Course:
- A. Utilize basic communication skills and principles of critical thinking to collect and cluster client information.
 - B. Recognize the significance of data collection through health history and physical examination and its role in the nursing process.
 - C. Discuss the professional & legal responsibilities of the nurse completing a patient assessment.
 - D. Demonstrate appropriate skills to perform a basic nursing physical assessment.
 - E. Recognize the many facets of an individual's internal and external environments and their impact on health.
 - F. Utilize basic principles of teaching/learning to identify areas and formulate individualized plans for patient teaching.
 - G. Identify the expected changes in physical assessment findings as an individual ages.
 - H. Relate the importance of a thorough health history and physical assessment to the practice of knowledgeable caring.
- IV. Expectations of Students:
- A. Fulfillment of requirements identified in the *BSN Student Handbook*.
 - B. Completion of one written health history.
 - C. Completion of one elderly assessment project.
 - D. Active participation in class.
 - E. Completion of various weekly assignments.
- V. Course Content:

- A. Introduction to course (2 hours)
 - Definition of Assessment
 - Introduction to parameters (history, physical, environmental, spiritual, etc.)
- B. Health history taking (5 hours)
 - Purpose and components of health history
 - Basic communication skills and interviewing
 - Adult Developmental Tasks
 - Various formats
 - Organizing & clustering data
 - General survey
 - Techniques of assessment
 - Inspection, palpation, percussion, auscultation
- C. Nutritional assessment (3 hours)
 - Mental status assessment
 - Basic environment assessment
- D. Teaching/learning principles (3 hours)
 - General guidelines for physical assessment
- E. Regional lymphatic assessment (3 hours)
 - Ears & hearing assessment
- F. Nose, mouth and throat assessment (3 hours)
 - Skin, hair & nail assessment
 - Abdominal assessment
- G. Eye & vision assessment (3 hours)
- H. Musculoskeletal assessment (3 hours)
- I. Heart & peripheral vascular assessment (5 hours)
- J. Lung & thorax assessment (4 hours)
- K. Breast assessment (3 hours)
- L. Neurological assessment (3 hours)
- M. Expected changes in physical assessment findings with aging (3 hours)
- N. Putting it all together (1 hour)

Four hours allotted for examinations.

VI. Textbook(s) and/or Other Required Materials or Equipment:

- A. Jarvis, C. (1996). Physical examination and health assessment (2nd edition). Saunders:Philadelphia.
- B. Weber, J. (1996). Nurses' handbook of health assessment (3rd edition). Lippincott:New York.

VII. Basis for Student Evaluation:

- A. Satisfactory fulfillment of course objectives.
- B. The final grade for this course will be based on the following:

1. Four unit examinations	40%
2. Five pop quizzed	10
3. Comprehensive final examination	15
4. One completed health history	15
5. One elderly assessment project	10
6. Bibliography cards	5
7. Class participation/weekly assignments	<u>5</u>
TOTAL	100%