

**COURSE SYLLABUS**  
Southeast Missouri State University

Department of <u>Nursing</u>	Course No. <u>NS 380</u>
Title of Course: <u>Holistic Assessment</u>	Revision <u>X</u>
	New _____

I. Catalog Description and Credit Hours of Course:

Assessment of physical, emotional, spiritual, and sociocultural dimensions across the life-span related to environment, lifestyles, health patterns, and community resources. (4) (Three hours theory, one hour clinical)

II. Prerequisite (s): Admission to the baccalaureate nursing program as an RN-to-BSN student.

III. Objectives of the Course:

- A. Use effective interviewing skills with clients of various ages in order to collect, cluster, and analyze valid data, and make appropriate diagnoses.
- B. Use effective written and verbal communication skills to describe the clients' physical, intellectual, emotional, spiritual, and sociocultural dimensions in relationship to the physical environment, lifestyles, health patterns, and community resources.
- C. Explore the significance of assessment findings that deviate from normal.
- D. Make clinical judgments that will facilitate clients in attaining an optimal level of wellness within the context of the environment based on analysis of clients' assessment data.
- E. Integrate knowledgeable caring using concepts from the arts, sciences, and humanities to assess and analyze the client as a unique person within the community and the environment.
- F. Use appropriate assessment techniques to perform a head-to-toe physical assessment of clients across the life-span.
- G. Independently choose clients to assess in order to complete holistic client assessments.
- H. Integrate teaching/learning principles into client interviews and physical assessments.
- I. Discuss the expanded assessment roles of the nurse in relation to independent and interdependent decision making, diagnosing, research, advocacy, and professional guidelines and standards of practice.
- J. Collaborate with other health team members to assess the client, communicate findings, and make referrals as necessary.

IV. Expectations of Students:

- A. Application of theory to professional practice by spending one hour weekly in the clinical agency to perform an assessment on a selected client. Record findings in a notebook. Several students will be asked each week during class time to share findings.
- B. Active participation in laboratory experience.
- C. Presentation to the class of assessment collection techniques on an assigned topic.
- D. Completion of Mosby's Physical Exam Interactive Video "Interviewing & Taking a Health

History”.

- E. Completion of one partial and one complete type written assessment on separate clients in a clinical health care agency.
- F. Practice in a confident, professional manner.
- G. Fulfillment of requirements identified in the *BSN Student Handbook*.

V. Course Content:

- A. Overview of assessment in nursing (2 hours)
  - 1. History
  - 2. Professional guidelines and standards of practice
- B. Expanded nursing assessment roles (2 hours)
  - 1. Independent and interdependent decision maker
  - 2. Diagnosing
  - 3. Use of research
  - 4. Use of knowledgeable caring as a foundation for advocacy
  - 5. Communicator
  - 6. Collaborator
  - 7. Educator
  - 8. Making referrals/consultations
- C. Interviewing techniques (2 hours)
  - 1. Collecting subjective and objective data incorporating:
    - a. physical, intellectual, emotional, spiritual, and sociocultural dimensions
    - b. physical environment, lifestyles, health patterns, and community resources.
    - c. developmental stages across the life span (Erikson).
- D. Overview of the four basic physical exam techniques and documentation (1 hour)
- E. Clustering and analyzing data for appropriate diagnosing (1 hour)
- F. Physical assessment techniques for: (33 hours)
  - 1. Skin, hair, and nails
  - 2. Head and Neck
    - a. nasal
    - b. mouth
    - c. lymph nodes
    - d. thyroid
    - e. ears
    - f. eyes and vision
  - 3. Thorax and lungs
  - 4. Cardiovascular system
  - 5. Abdomen
  - 6. Peripheral vascular system
  - 7. Lymphatic system
  - 8. Breast
  - 9. Genitourinary system
    - a. taking a sexual history
  - 10. Neurological status
  - 11. Musculoskeletal system
- G. Adapting the interview and physical exam for the pediatric client (2 hours)

H. Adapting the interview and physical exam for the elderly client (3 hours)

Two hours allotted for midterm examination.

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

A. Weber, J. & Kelley, J., (1998), Health Assessment in Nursing, Philadelphia: Lippincott

B. Weber, J. (2000), Nurses' Handbook of Health Assessment, Philadelphia: Lippincott.(Optional)

VII. Basis for Student Evaluation:

A. Present assessment techniques to peers	10%
B. Complete one partial and one complete assessment on separate clients	50
C. Quizzes, midterm and final examinations	<u>40</u>
TOTAL	100%