NRSG 238: Health Assessment Across the Lifespan
Credits: 4 credits (2 lecture; 2 college laboratory)
Semesters Offered: F, Sp
Pre-requisites: BIOL 207 & 208
Co-requisite: NRSG 225 or consent of instructor

Course Description: This course is designed to teach the student a health oriented approach to nursing assessment of clients across the life span in a variety of community based settings. The primary focus of the course is on normal health assessment findings, with recognition of abnormal variations. The course emphasizes development of the skills needed to perform a comprehensive health assessment of children, adults, and the elderly. Data collection through comprehensive history taking and physical assessment is emphasized. Utilization of assessment findings in clinical decision making is discussed throughout the course.

Course Objectives: The student will:

1. Complete a comprehensive health history from clients across the life span (TO:1)
2. Perform a systematic health assessment on clients across the life span. (TO:1) (FO: 1,3,5, 12)
3. Communicate assessment findings verbally and in writing. (TO: 7,8) (FO:5)
4. Demonstrate health assessment skills appropriate for the developmental level of children, adults and the elderly. (TO: 7) (FO: 9, 10, 12)
5. Analyze information obtained from the health assessment for clinical decision making. (TO: 2) (FO: 2,3, 12)
6. Identify legal/ethical issues as they relate to the professional nurse’s role in health assessment of clients across the life span. (TO: 4, 11) (FO: 5)
7. Demonstrate professional behavior in client, peer, and faculty relationships. (TO: 4) (FO: 5,7, 11)
8. Apply principles of evidence based nursing practice in the assessment of clients across the life span (TO: 2) (FO: 3, 4, 7)
9. Demonstrate responsibility and accountability reflecting professional values. (TO: 6; 13)

Recommended Content and Concepts:
1. Health History
   A. Interviewing strategies
   B. Health history components
   C. Concepts of privacy and confidentiality
2. Overview of the history and physical assessment
   A. Developmental considerations of the child, adult, aging adult
   B. Functional Patterns Assessment
History of health assessment and how health assessment is utilized by professional nurses
3. Basic nutritional assessment
4. Introduction to Spiritual Assessment
5. Introduction to Cultural Assessment
6. Introduction to Environmental health risk assessment
7. History and Physical Assessment Areas to be Assessed:
   A. General survey
   B. Integument
   C. HEENT
   D. Breasts and axillae
   E. Respiratory
   F. Cardiac
   G. Peripheral vascular
   H. Abdominal
   I. Neurological
   J. Mental status
   K. Genitourinary

8. Special populations:
   A. Pediatric assessment
   B. Geriatric assessment
   C. Assessment of the pregnant client

Suggested Student Learning Activities:
- class discussions
- college laboratory experiences
- viewing assessment DVDs
- written assignments (history and assessment findings and review of systems)

Approved by UAAC:  February 1, 2010
Approved by Faculty:  February 8, 2010