



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

School of Health Sciences

Program: Nursing

Option:

Course Outline Part A

NURS 1019
Clinical Techniques –
Introduction to Assessment

Hours/Week: 10	Total Hours: 50	Term/Level: 1
Lecture:	Total Weeks: 5	Credits: 3.5
Lab:		
Other:		

Prerequisites**NURS 1019 is a Prerequisite for:**

Course No.	Course Name	Course No.	Course Name
		NURS 1030	Nursing Practicum 1

Course Goals

NURS 1019 provides a basis for understanding and conducting a health assessment. The aim is to develop the student's beginning ability to take a health history and conduct psychosocial and physical assessments.

Course Description

This course presents essential behaviors for conducting psychosocial and physical assessment. It includes techniques for taking a health history in order to identify health needs. Opportunity for practice and demonstration of learned skills is provided.

Evaluation

1. Completion of three satisfactory assignments	20%
Analysis of assessments (Weeks 2, 3, 4)	
2. Multiple Choice Exam	50%
3. Return demonstration of Assessment Skills	<u>30%</u>
TOTAL	100%

Course Outcomes and Sub-Outcomes

1. Recognize the difference between a comprehensive and focused assessment and when these are used.
2. Demonstrate correct assessment techniques during physical and psychosocial assessment with the aim of recognizing normal findings.
3. Begin to recognize significant patterns in assessed data.
4. Begin to relate assessment findings to nursing action.
5. Demonstrate ability to communicate assessment findings in a professional manner.
6. Begin to recognize how to individualize health status assessment based on developmental and cultural needs.

Course Record

Developed by: LINDA BARRATT
Instructor Name and Department (signature)

Date: June 7, 1996

Revised by: Keethu Negow
Instructor Name and Department (signature)

Date: Dec 15, 1997

Approved by: M. Gerard Ralsay
Associate Dean / Program Head (signature)

Start Date: JAN 6/97,



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

Course Outline Part B

School of Health Sciences

Program: Nursing

Option:

NURS 1019
Clinical Techniques –
Introduction to Assessment

Effective Date

January 7, 1997

Instructor(s)

Level 1 Instructors	Office No.: SE 12 418	Phone:	
	Office Hrs.: See posted hours at instructor's office	Kathleen Appleby	451-6941
		Elly Carr	451-6950
		Lynn Field	451-6945
		Kay Negoro	451-6953
		Selma Whiteside	451-6949

Text(s) and Equipment

Required:

Text:

Sims, L.K., D'Amico, D., Stiesmeyer, J.K., & Webster, J.A. (1995). *Health Assessment in Nursing*. Meno Park, CA: Addison Wesley.

A handbook is also available for the above text. It is handy to have, but not compulsory to purchase.

Supplemental:

Craven, R.F., & Hirnle, C.J. (1996). *Fundamentals of Nursing: Human Health and Function* (2nd ed.). Philadelphia, PA: Lippincott.

DuGas, B.W., & Knor, E.R. (1995). *Nursing Foundations: A Canadian Perspective*. Scarborough, ON: Appleton & Lange Canada.

LeMone, P., & Burke, K.M. (1996). *Medical-Surgical Nursing: Critical Thinking in Client Care*. Menlo Park, CA: Addison Wesley.

Smeltzer, S.C., & Bare, B.C. (1996). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (8th ed.). Philadelphia, PA: Lippincott.

A medical dictionary

Text(s) and Equipment (continued)

Equipment: 1 watch with second hand
1 good quality stethoscope*
pen light
1 good quality hand held audio tape recorder and tapes (if you can borrow one, it is not necessary that you purchase one)

* a good quality stethoscope will have the following characteristics:

- Diaphragm and bell are heavy enough to lie firmly on the body surface.
- Tubing is thick, stiff and heavy.
- Length of tubing is between 12 to 18 inches.
- Ear pieces fit snugly and comfortably.
- Angled binaurals point the ear pieces toward the nose.
- * ***Try different stethoscopes before you purchase one.***

Course Notes (Policies and Procedures)

1. This course has been designed to develop your ability to ***talk with*** (interview) patients about their health and health concerns and to conduct an effective but ***very basic*** physical examination of body systems. Emphasis will be placed on developing assessment skills ***while*** establishing partnerships with patients. Attention to the communication aspect of the nurse's role will be continually reinforced and form part of the evaluation process.
2. This course will be delivered in both the classroom and practicum setting (Acute Medicine and Extended Care Units). In these settings, students will work in small groups (approximately 8 students with 1 nursing instructor).
3. In the classroom students will participate in a variety of structured learning activities aimed at developing assessment knowledge and skills. During practicum experiences students will be assigned patients to interview and to conduct basic physical examinations. It is expected that students will ***actively*** participate in both the classroom and the practicum setting.
4. This course is of short duration. Therefore, students **must complete aspects of this course independently**. You will receive a schedule for all required independent study. Independent learning activities include reading, viewing videos and completing written assignments.

Participation/Attendance

1. Regular attendance in lecture, seminars and laboratory periods is required of all students. If a student is absent for any cause other than illness for more than ten percent (10%) of the time prescribed for any subject, he/she ***may be prohibited*** from completing the course (4.07, 10 BCIT Policy Manual).
2. If a class or practicum experience is missed the student is responsible for the missed content.

Evaluation of Assessment Skills: Return Demonstration

Return demonstration of assessment skill is worth 30% of your final grade. *You must pass this component to pass the course.* Your demonstration of specific skills will be graded satisfactory/unsatisfactory according to criteria on a checklist which you will see prior to the test. If you meet all criteria, you will receive a satisfactory and be granted 30 marks (30%) of your final grade. If you do not meet all the criteria you will receive an unsatisfactory and no numerical grade will be given. You will be given an opportunity to redo a skills demonstration exam *once* should you receive an unsatisfactory.

For all skills demonstration tests, you will be asked to perform a focused interview and physical exam of one body system, e.g., respiratory, and conduct an interview of one section of the nursing history or a health pattern, e.g., psychosocial health.

Clinical Techniques-Assessment: Course Failure

A student who is unsuccessful in the assessment course cannot go on to the Nursing Practicum 1 – NURS 1030 but may continue to take other courses. Notification of a failure will be via a letter to the student from the registrar.

Assignment Details

Practicum Assignment: Analysis of Assessment Data

Preamble

The assessment process involves the simultaneous enactment of two interrelated processes: data gathering and diagnostic reasoning. In other words, before, during and following the process of data collection nurses engage in the critical thinking process of diagnostic reasoning (analysis and synthesis of data). This process is crucial to the accurate identification of patient concerns, problems, issues, evaluation of outcomes and in the making of appropriate clinical judgements. It is also part of the assessment phase of the nursing process. This assignment begins in week 2 when you go to your assigned clinical area.

Purpose of this Assignment

The purpose of the assignment is to assist students to develop knowledge and skill in the analysis and synthesis of assessment data by analyzing and synthesizing assessment data collected during their practicum experience with assigned patients.

How to do this Assignment

1. The process of analysis and synthesis (diagnostic reasoning) may be a new experience for you or a familiar one but in a new context. To accommodate for these differences in experience this assignment is set up as a **walk through the process**. You will analyze patient data by responding to a series of questions. Answer these questions thoroughly and to the best of your ability.
2. The analysis of data is a recurring, ongoing process during the assessment phase and therefore should be repeated many times during the data collection process. In this assignment you will analyze data before, during and following collection of assessment data during weeks two, three and four of your practicum experiences.

3. These assignments are to help you *develop* knowledge and skill in the analysis and synthesis of assessment data. They are not a test of your ability to enact these processes. You are therefore encouraged to work in collaboration with classmates, instructors and other health care professionals to assist you in this learning process.
 4. You will not be graded on these assignments. You will be awarded 20 marks (20%) toward your final grade for completing the *three* assignments during weeks two, three and four. Because this is an ongoing learning process marks will *not* be granted for the completion of only one or two of these assignments. These assignments are due on the day stated by your clinical instructor. You may ask for an extension, but a specific date for the submission of the assignment must be set. Late assignments or those submitted past the negotiated date will not receive a grade.
 5. Practicum instructors may ask you to answer additional questions to assist you in the analysis process. Try not to think of these as extra work but as helping you to more fully develop your reasoning skills so that you will make more appropriate and accurate nursing judgements about a patient's health status.
 6. Be sure to hand in your assessment findings with your analysis.
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Analysis of Assessment Data: Questions

1. Before you even met with your patient did you receive information from your instructor or other health care professionals that you thought was a * *cue*? If so, what was that *cue(s)* and what action did you initiate as a result of this *cue*?

Did you make any inferences about your assigned patient when you received this information? If so, what were those inferences? How did they influence how you proceeded with your assessment of the patient?

* A *cue* is a piece of information that signals the nurse to take some action in the assessment process. For example actions taken could be: a decision to collect more data, a decision to compare data collected with existing norms, a decision to do more research, a decision to seek assistance or immediate help because the "*cue*" alerts you to an existing or pending emergency situation.

* An *inference* is a step of the mind, an intellectual act by which one concludes that something is so in light of something else's being so, or seeming to be so (Paul, 1992, p. 651).

2. It is suggested you answer the following questions immediately after you have assessed your patient's health status.

While you conducted your health assessments were you aware of any information "*cues*" that signaled you to take a course of action? If so, describe the course of action you took. What were those pieces of information? Did some of these pieces of information seem to fit together (as in a pattern)? What inferences about your patient's health status did you make, based on those emerging patterns? Did you discover if your inferences were correct? If so, briefly describe how you validated your inferences. If you did not validate them (in some way) what do you think stopped you or interfered with this process? Lack of confidence? Lack of knowledge? Did you not know how you were to do it?

3. Now that you have collected a substantial amount of assessment data it is suggested you review all of the data to get a sense of the “*whole*” and any patterns emerging.

Answer the following questions when you have collected a substantial amount of assessment data, e.g., when you get home from your practicum experiences.

What pieces of information seem to fit together now? Write these down organizing them into clusters of information. What inferences can you make about these clusters of information? Are these inferences different from your initial inferences you made while you were actually involved in the assessment process with your patient? If they are different, how do you account for these differences? How will you find out if your current inferences are correct? If your current inferences do not seem valid, what do you think you need to do? What data seems to be missing? How will you gain additional data?

If you are confident your inferences are correct or valid, formulate some tentative conclusions. These conclusions can be expressed as a patient concern, a patient issue, a clinical judgement, a nursing diagnosis or a positive outcome.

Now that you have worked through this diagnostic reasoning process and have arrived at some conclusions you *may* be ready to proceed to the next step in the nursing process which is to decide on appropriate nursing interventions. During your practicum experiences you may be expected to use this process in the planning of nursing care.



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

School of Health Sciences

Program: Nursing

Option:

Schedule

NURS 1019

**Clinical Techniques –
Introduction to Assessment**

Date	Material Covered	Course Site and Rooms
<p>January 6, 1998</p> <p>Common hour</p> <p>Group work</p>	<p>WEEK 1</p> <p>Tuesday</p> <p>Introduction to assessment course</p> <ul style="list-style-type: none"> • course delivery methods • course outline • overview of the course <p>Video: Taking a Health History</p> <p>Health Assessment Process</p> <ul style="list-style-type: none"> • purpose of assessment • types of assessment • health assessment and the nursing process • diagnostic reasoning process <p>Establishment of partnerships</p> <p>Reading: Chapters 1 and 2 – see study guide</p>	<p>BCIT 0830–1020 SW3 1710</p> <p>1030–1230 Gp A SW1 4034 Gp B SW1 4009 Gp C SW1 4002 Gp D SE6 208 Gp E SE12 418-421 Gp F SE12 418-422 (SE12 421 and 422 are inside SE12 418)</p>
<p>January 7, 1998</p> <p>Common hour</p> <p>Group work</p>	<p>Wednesday</p> <p>Introduction to Basic Interviewing Skills</p> <p>Holism</p> <p>Assessment of growth and development (focus on adult stage)</p> <p>Assessment of psychosocial health</p> <p>Assessment of self-care and wellness activities</p> <p>Assessment of family, culture and environment</p> <p>Practice and tape an interview</p> <p>Reading: Chapters 4, 5 and 6 – see study guide</p>	<p>BCIT 0830–0930 NE1 334</p> <p>0930–1230 and 1330–1530 Gp A SW1 4034 Gp B SW1 4009 Gp C SW1 4002 Gp D SW1 3570* Gp E SE12 418-421 Gp F SE12 418-422</p>

Date	Material Covered	Course Site and Rooms
January 13, 1998 Common hour Group work	WEEK 2 Tuesday Introduction to physical examination techniques <ul style="list-style-type: none"> • inspection, palpation, percussion, auscultation • video on examination techniques Practice physical examination technique Review guidelines for conducting the general survey <ul style="list-style-type: none"> • documenting findings • measurement of height and weight • omit vital signs (pp. 115–122) • omit gathering equipment (pp. 104–108) Integumentary system (skin, hair and nails) Head (eyes, ears, nose, sinuses, mouth and throat) and neck Mental status exam and focused interview of the neurological system	 BCIT 0830–0930 NE1 334 0930–1130 and 1230–1430 Gp A SW1 4034 Gp B SW1 4009 Gp C SW1 4002 Gp D SE6 208 Gp E SE12 418-421 Gp F SE12 418-422
January 14, 1998	Wednesday Patient assignment to achieve the following: <ul style="list-style-type: none"> • establishment of a partnership with patient • initiation of an interview and completion of a nursing health history • assessment of psychosocial health, self-care and wellness activities, family, culture and environment • completion of a general survey • assessment integumentary system (skin, hair and nails) • assessment of head (eyes, ears, nose, sinuses, mouth and throat) and neck • focused interview of neurological system and mental status exam Hand in a written summary of this assessment	Practicum Placements See Level I Bulletin Board

Date	Material Covered	Course Site and Rooms
<p>January 20, 1998</p> <p>Common hour</p> <p>Group work</p>	<p>WEEK 3</p> <p>Tuesday</p> <p>Respiratory and cardiovascular assessment Review location and types of breath sounds</p> <ul style="list-style-type: none"> • bronchial, bronchovesicular, vesicular • adventitious sounds (crackles and wheezes) <p>Show video on</p> <ul style="list-style-type: none"> • landmarking for breath sounds • listening for breath sounds <p>Assessment of respiratory system</p> <ul style="list-style-type: none"> • landmarking and listening for breath sounds <p>Assessment of cardiovascular system</p> <ul style="list-style-type: none"> • landmarking and listening for apical rate • temperature, pulse, respiration and blood pressure <p>Assessment of the peripheral vascular system (includes the lymphatic system)</p> <p>Skill – T, P, R and blood pressure; auscultate for breath sounds and apical rate</p> <p>Prepare a written guide to assist you in your practice interview</p> <p>Reading: Chapters 7, 10, 11 and 16 – see study guide</p>	<p>BCIT 0830–0930 NE1 334</p> <p>0930–1130 and 1230–1430 Gp A SW1 4034 Gp B SW1 4009 Gp C SW1 4002 Gp D SE6 208 Gp E SE 6 418-421 Gp F SE 6 418-422</p>
<p>January 21, 1998</p>	<p>Wednesday</p> <p>Patient assignment to achieve the following:</p> <ul style="list-style-type: none"> • establishment of a partnership with patient • expanding and improving accuracy of last week's assessment • assessment of respiratory system • assessment of neck vessels and cardiovascular system • assessment of peripheral vascular system <p>Hand in a written summary of this assessment</p>	<p>Practicum Placements</p> <p>See Level 1 Bulletin Board</p>

Date	Material Covered	Course Site and Rooms
<p>January 27, 1998</p> <p>WEEK 4</p> <p>Tuesday</p> <p>Common hour</p> <p>Group work</p>	<p>Assessment of the abdomen, urinary system, reproductive system(breast and axilla) and musculoskeletal system</p> <ul style="list-style-type: none"> • landmarking for abdominal sounds • location of bladder for palpation • video on self-breast examination (10 minutes) <p>Assessment of the abdomen</p> <ul style="list-style-type: none"> • auscultate for abdominal sounds <p>Assessment of the urinary system</p> <ul style="list-style-type: none"> • palpate bladder <p>Assessment of the reproductive system</p> <ul style="list-style-type: none"> • focused interview only • practice breast examination on a model <p>Assessment of the musculoskeletal system</p> <ul style="list-style-type: none"> • test muscles and joints for strength, symmetry and ROM 	<p>BCIT 0830–0930 NE1 334</p> <p>0930–1130 and 1230–1430 Gp A Gp B Gp C TBA – a.m. and p.m. Gp D sessions will differ Gp E Gp F</p>
<p>January 28, 1998</p>	<p>Wednesday</p> <p>Patient assignment to achieve the following:</p> <ul style="list-style-type: none"> • establishment of a partnership with patient • expanding and improving accuracy of last week's assessments • assessment of abdomen • assessment of urinary system • assessment of musculoskeletal system • assessment of vital signs <p>Hand in a written summary of this assessment</p>	<p>Practicum Placements</p> <p>See Level 1 Bulletin Board</p>
<p>February 3, 1998</p> <p>WEEK 5</p> <p>Tuesday</p> <p>Common hour</p> <p>Group work</p>	<p>Tube assessment (general overview)</p> <p>Emergency assessments Observe doll with tube attachments Preparation for evaluation of assessment skills Practice interviews Conduct selected return demonstration of assessment skills Final review of course; come prepared with suggestions Course evaluation</p>	<p>BCIT 0830–0930 NE1 334</p> <p>0930–1130 and 1230–1430 Gp A SW1 4034 Gp B SW1 4009 Gp C SW1 4002 Gp D SE6 208 Gp E SE12 418-421 Gp F SE12 418-422</p>

Date	Material Covered	Course Site and Rooms
February 4, 1998	<p>Wednesday</p> <p>Use patient assignment to continue to practice and improve on skills learned in this course</p>	
February 5, 1998	<p>Thursday – Evaluation Day</p> <p>0930-1020 Multiple Choice Exam 1030-1230 } Test demonstration of assessment 1330-1530</p> <p>A schedule for testing will be posted</p>	<p>0930–1020 SE12 202</p> <p>1030–1230 SE12 416 and 417</p> <p>1330–1530 SE 12 416 and 417</p>



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY
 School of Health Sciences
 Program: Nursing

NURS 1019
Clinical Techniques – Introduction to
Assessment Independent Study Schedule

Preamble

This schedule describes all the independent learning activities, preparatory and follow-up required for classroom and practicum learning experiences. These learning activities may include readings, viewing of videos and written assignments. The activities will require a minimum of 3 hours of work prior and/or following your classroom and practicum learning experiences.

When you read your nursing assessment textbook you will notice that a physical examination of body systems requires the performance of both *basic* and *advanced* assessment techniques. Advanced techniques require a great deal of supervised practice and time to master. You will therefore only be expected to perform *basic* physical examination techniques that can be realistically mastered in 5 weeks. The more advanced techniques will be added throughout the nursing program. These advanced examination techniques and/or steps have been omitted in this schedule of study. Carefully note these as you prepare for classes and practicum experiences.

Also note the exact sequence for conducting the physical examination of body systems is slightly different for practice experiences from the sequence presented in your textbook. For example, neurological assessment is to occur with head and neck, etc. in Week 2.

WEEK 1: For Tuesday, January 6, 1998 class

Preparatory Study

Chapters 1 and 2 give you an overview of health assessment, health history and health assessment interviews. Focus your studies on:

1. the how, when, why and where these occur.
2. establishing the nurse client relationship.
3. the use of communication to build or hinder the relationship.
4. the key words or phrases you will use.

Read:

Text: **Sims et al. (1995). *Health Assessment in Nursing.***

Chapter 1: *The Foundations of Health Assessment in Nursing*

Chapter 2: *The Interview and Health History*

Write:

Prepare a written practice guide for yourself to practice taking a health history in the lab and clinical area. (Do not include health patterns in this guide. Health patterns assessment will be the focus of Wednesday's class. This guide can include specifics about the data you will collect, questions you will ask your clients and notes to yourself. You will use these guides during your practice sessions in both the lab and practicum settings. You will not be expected to conduct any assessments from memory during practice sessions. Your guides should be continually reviewed and adjusted throughout this course and in the nursing program. Different nursing contexts will demand different foci in assessment.

* The Health Assessment Checklist in Chapter 22, pp. 707–712, of your assessment text may assist you in organizing these practice guides.

WEEK 1: For Wednesday, January 7, 1998 class

Preparatory Study

Chapter 3 gives an overview of growth and development (G & D). If you have studied G & D before, skim the chapter. If you haven't studied G & D before, you will need to read the chapter. It is not necessary to know all the theories and theorists. Try to get an overview of G & D as this is not a major focus of this course. Focus your studies on:

1. the principles of growth and development.
2. recognizing the major tasks of the adult stages.

Chapters 4–6 each cover a component of the actual nursing assessment. These components are the non-physical aspects of the assessment. They are grouped under psychosocial health, self-care and wellness, family, culture and environment. Focus your studies on:

1. the factors affecting each component.
2. the data to collect and organize based on factors.
3. writing practice questions that will help you to gather significant data during your practice interview.
4. determining the nursing diagnosis based on your data; applying the diagnostic reasoning process.

You will become more familiar with this content in the next several weeks. In our curriculum the term nursing diagnosis is also referred to as patient problem and patient concerns.

Read:

Text: Sims et al. (1995). *Health Assessment in Nursing*.

Chapter 3: *Assessing Growth and Development* — focus on the adult stages

Chapter 4: *Assessing Psychosocial Health*

Chapter 5: *Assessing Self-Care and Wellness Activities*

Chapter 6: *Assessing the Family, Culture and Environment*

Write:

From each section titled “Gathering the Data,” write some practice questions to help guide you in the next practice class.

Follow-up Learning Activities

Post-Classroom Experiences

Tuesday: Review your taped interview. Examine your findings and apply the diagnostic reasoning process.

Wednesday: Review the assessment you conducted (written and audio taped). Examine your findings carefully and compare them with normal findings. Are there any identifiable abnormal findings? Until you have a broader knowledge base of what constitutes an abnormal finding, you will need to consult your textbooks to determine when fact finding is abnormal. In general, how did your assessment go? Were you able to gather the information you wanted? Do you feel prepared to assess a “real patient”? In what areas do you need more practice?

WEEK 2: For Tuesday, January 13, 1998 class

Preparatory Study

Chapter 7 introduces you to the basic assessment skills used in a physical assessment. Focus your studies on:

1. knowing the meaning of and begin practicing palpation, percussion and auscultation.
2. factors affecting client interactions.
3. an overview of the general survey.

When reading Chapters 8–18 note that a common format is followed when assessing each system. Direct your reading using the following suggestions. This will help you read the chapters more efficiently.

1. Each chapter begins with anatomy and physiology of the system. A basic knowledge of A & P is needed to complete a physical assessment. It is assumed that you have come with this knowledge. Review this as needed.
2. When gathering data direct your attention to the focused interview. Be familiar with the questions you need to ask to gather the appropriate data. Prepare a written guide for yourself to conduct the interview on your partner.
3. Developmental considerations for the older adult.
4. Psychosocial, self-care, family, cultural and environmental considerations.
5. Identify possible nursing diagnosis.
6. Be prepared to perform the appropriate “physical assessment.” The steps are outlined in the text. Please note that some steps are to be omitted. Note these carefully by marking them as “omit” in your textbook. Always prepare a written guide for yourself to practice the examination.
7. Health promotion and client education. You are not required to memorize the diseases and conditions, but read them for interest. This will help you to gradually learn more about these.

Read:

Text: Sims et al. (1995). Health Assessment in Nursing

Note:* Omission of advanced physical examination techniques (steps) in some of these chapters.

Chapter 7:* *Techniques of Physical Assessment and the General Survey*
Omit Gathering the Equipment pp. 104–108,
Vital Signs pp. 115–122

Chapter 8: *Assessing the Integumentary System*

Chapter 9:* *Assessing the Head and Neck*

Omit following techniques and/or steps for the eye, ear, nose, sinuses and neck

Eye: Omit pp. 181–182, steps 4–6
p. 183, step 11
p. 184, step 13
pp. 185–188, step 14 (upper eyelid only), and step 15
Also, for the eye steps 1 and 2, please bring a newspaper with both large and small print on the same page for your practice sessions. We will not use the Snellen eye chart or Jaeger card.

Ear: Omit pp. 190–193, steps 4–10

Nose and Sinuses: Omit pp. 195–197, steps 4, 6, 7

Mouth and Throat: Omit p. 199, step 4

Neck: Omit pp. 201–203, steps 4–8

Chapter 18: *Assessing the Neurologic System and Mental Status*

You will be assessing mental states in both class and in the clinical area. Read about the cranial nerves; you will not be practicing these in lab, except for the focused interview. Some of these functions you will assess in other systems. It is not necessary to remember the order of the nerves but try and learn the meaning of the words. Read about the Glasgow Coma Scale on p. 572. We will discuss this briefly in class.

Reflexes

Omit pp. 567–571 all of the reflexes

Additional Assessment Techniques

Omit pp. 571–572 carotid auscultation and meningeal assessment

View:

Refer to the attached list of videotapes for the specific content to be viewed on the videotapes.

Videotapes: Mosby's

- | | |
|---------------------------------------|---|
| 1. <i>The General Survey</i> | 5. <i>Examining the Ears</i> |
| 2. <i>Skin, Hair and Nails</i> | 6. <i>Examining the Nose, Mouth and Pharynx</i> |
| 3. <i>Examining the Head and Neck</i> | 7. <i>Neurologic System: Mental Status, Speech and Cranial Nerves</i> |
| 4. <i>Examining the Eyes</i> | |

Write:

Prepare written guides for yourself to practice the assessment of the Integumentary System, Head and Neck and the Neurological System. Your guides can include specific steps, procedures you will use in the physical examination and questions you will ask in the focused interview part of the assessment. You will want to note equipment you will need.

WEEK 2: For Wednesday, January 14, 1998 (Practicum)

Preparation for Practicum Experience

Review all the work you did before and during the previous 3 days of classes. This should include relevant readings, viewing of videotapes, reviewing your practice guides, reviewing of actual assessments conducted (written and audio taped) and results of findings. This preparation is required, for each practicum experience, during this course.

Identify parts of the focused interview and/or the physical examination techniques that need more practice. *Practice* on a friend, classmate or family member.

Organize all the materials including assessment materials and equipment you will need to bring to the clinical area. You will need your assessment guides.

Follow-Up Learning Activity (Wednesday)

Complete the assignment titled *Analysis of Assessment Data*. Guidelines are described in the course outline. This assignment must be considered “satisfactory” by your clinical instructor.

WEEK 3: For Tuesday, January 20, 1998 class

Preparatory Study

Read:

Text: Sims et al. (1995). *Health Assessment in Nursing*.

Chapter 7: *Techniques of Physical Assessment and the General Survey*

Assessing Vital Signs, pp. 115–122. Refer to your Nursing Fundamental textbook for a more detailed description.

Chapter 10: *Assessing the Respiratory System, OMIT:*

- Palpate the posterior chest for tactile fremitus, p. 238, step 5
- Percuss the posterior thorax, pp. 239–240, steps 1–4
- Auscultate the trachea, p. 241, step 2
- Palpate for tactile fremitus on the anterior chest wall, p. 244, step 5
- Percuss the anterior thorax, pp. 244–245, steps 1 and 2

Chapter 11: *Assessing the Cardiovascular System, OMIT:*

- Inspect the jugular veins, pp. 278–279, step 3
- Palpation of chest 5 key landmarks, pp. 283–284, steps 1 and 2
- Palpate for heptojugular reflex, p. 285, step 4
- Percussion of the chest, pp. 285–286, step 1
- Auscultation of the carotid arteries, p. 288, steps 3–5

When auscultating the heart you will *only* be responsible for distinguishing S₁ S₂ heart sounds and try to determine if there are any abnormal sounds. You will *not* be expected to accurately label and interpret any abnormal sounds. You will simply be expected to report that they can be heard. The information contained on pp. 290–299 (Strategies for Differentiating Heart Sounds) is optional reading.

Chapter 16: *Assessing the Peripheral Vascular and Lymphatic Systems, OMIT:*

- Blood pressure in both legs, p. 465, step 5
- Auscultating carotid arteries, p. 466, step 2
- Performing Allen test, p. 469, step 6
- Palpate epitrochlea lymph node, p. 469, step 7
- Perform manual compression, Trendelenburg test and test for Homans' sign, pp. 471–472, steps 5–7

View:

- Videotapes:
- | | |
|--|--|
| 1. <i>Physical Assessment Heart and Lungs Part 2</i> | 3. <i>Examining the Vascular System</i> |
| 2. <i>Examining the Heart</i> | 4. <i>The General Survey (for vital signs)</i> |

Write:

Prepare written guides for your practice assessments of the respiratory, cardiovascular, peripheral and lymphatic systems and vital signs. Remember to include both the focused interview and the physical examination techniques.

WEEK 3: For Wednesday, January 21, 1998 (Practicum)

Preparation for Practicum Experience

See required work for Wednesday Week 2.

Vital signs will not be practiced this week in clinical. Blood pressure cuffs may be borrowed from the lab so you can practice at home. There is a limited number of cuffs used on loan.

Follow-Up Learning Activity: Post Practicum

Complete assignment titled *Analysis of Assessment Data* described in the course outline.

WEEK 4: For Tuesday, January 27, 1998 class

Read:

Text: Sims et al. (1995). Health Assessment in Nursing.

Chapter 12: *Assessing the Breast and Axillae*

Please note that physical examination of the breast will *only* be conducted on yourself in private and on dolls in the lab. You will not be required to perform this examination on a classmate or on a patient during your practicum experiences for this course. You may have to teach the physical examination of the breast to male and female patients in future nursing practicums if this is a patient health need.

You are required to conduct a focused interview on the Breast and Axillae, pp. 316–317.

Chapter 13: *Assessing the Abdomen, OMIT:*

- Auscultate for vascular sounds and function rub, pp. 351–352, steps 2 and 3
- Percuss the liver, spleen and gastric bubble, pp. 353–355, steps 2–4
- Palpate the liver, spleen, pp. 357–358, steps 3–5
- All additional procedures, pp. 359–361, steps 1–5

Chapter 14: *Assessing the Urinary System, OMIT:*

- Auscultating renal arteries, pp. 383, step 2
- Percussion of kidneys, pp. 385–386, step 5
- Assessing right and left kidney using palpation, pp. 386–387, steps 1 and 2 and p. 388, steps 1 and 2
- Assessing the urinary bladder using percussion, pp. 389–390, step 2

Chapter 15: *Assessing the Reproductive System*

- During this course you will *only* conduct a focused interview and, if appropriate, inspect the external reproductive system on a patient. Your clinical instructor will assist you to make this decision. You should practice conducting a focused assessment on a classmate. The goal for this course is that you develop comfort and judgement in asking questions related to the reproductive system.

You will note that two of the situations in your Nursing and Health Issues 1 course (Sexually Transmitted Diseases and Menopause) involve the reproductive system. This chapter will be important to your discussions about these health issues. The key is for you to become “at ease” talking about and talking with patients and colleagues about issues surrounding the reproductive system.

Chapter 17: *Assessing the Musculoskeletal System omit the following assessment steps for:*

- knees, pp. 521–522, steps 4 and 6
- ankles and feet deep palpation, p. 524, step 5

View:

Videotape: Mosby's

1. *Examining the Breasts*
2. *Examining the Abdomen*
3. *Examining the Musculoskeletal System*

Write:

Prepare written guides for your practice assessment of breast and axilla, abdomen, urinary system, reproductive system and musculoskeletal system.

WEEK 4: For Wednesday, January 28, 1998 (Practicum)

Preparation for Practicum Experience

See required work for Weeks 2 and 3 practicum experiences.
Begin to practice taking vital signs.

Follow-Up Learning Activity — Post-practicum

Complete assignment, *Analysis of Assessment Data*, described in the course outline.

WEEK 5: For Tuesday, February 3, 1998 class

- Emergency Assessments
- General overview of tube assessment
- Review all course material covered in past 4 weeks. The class activities today are designed to assist you to strengthen your assessment skills. The class activities will help prepare you for the evaluation of your assessment skills. Your questions and concerns will be welcome.

View:

Videotape: Mosby's, *Putting It All Together*.

WEEK 5: For Wednesday, February 4, 1998 (Practicum)

Preparation for practicum experience continues as for weeks 2 to 4 practicum experience. There is no written follow-up assignment for this week.

WEEK 5: For Thursday, February 5, 1998 (Return Demonstration)

0930 – 1020	Multiple Choice Exam
1030 – 1230	} Demonstration of Assessment Skills
1330 – 1530	