

**NURS 3307 Health Assessment**  
Fall 2018, rev. 08.20.2018  
Texas A&M University-Central Texas

**INSTRUCTOR AND CONTACT INFORMATION**

**Instructor:** Catherine Pena  
**Office:** Warrior Hall  
Room 420 B  
**Phone:** 254-519-5718  
**Email:** [c.pena@tamuct.edu](mailto:c.pena@tamuct.edu)

**Office Hours:**

Monday-Thursday 0900-1400, by appointment. Phone appointments upon request.

**Mode of Instruction and course access:**

This course is taught online through the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com>]. You will use the Canvas username and password communicated to you separately to logon to this system.

*You will also use the Shadow Health Virtual patient program you purchased. **The course pin for this semester is August2018-7091-2969-1749-9738***

**Student-instructor interaction:**

Emails and messages within Canvas; students may expect a response within 24 to 48 hours Monday-Thursday. Students are expected to check emails daily for announcements, assignment updates, or any other messages corresponding to the course. Office hours may also include synchronous online student's learning and serving as a resource person to guide the student in the learning process. Scheduled Canvas Collaborate and telephone by appointments only.

**911 Cellular:**

Emergency Warning System for Texas A&M University – Central Texas  
911Cellular is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in 911 Cellular through their myCT email account.

Connect at [911Cellular](https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management) [<https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management>] to change where you receive your alerts or to opt out. By staying enrolled in 911Cellular, university officials can quickly pass on safety-related information, regardless of your location.

## **COURSE INFORMATION**

### **Course Overview and Description**

This Health Assessment Course introduces the concepts and techniques of health and cultural assessment of individuals and families across the life span, for use with the nursing process. Emphasis is on history/data collection and critical analysis in situations of health and deviations from health. Twenty (20) hours of practical experiences enable students practice of clinical assessment skills, analysis, and decision-making for nursing practice. Pre- or co-requisite: NURK 300 (3)

We will be using the Shadow Health Digital Clinical Experience (DCE) software to practice and complete an adult history and physical assessment. Below are some resources for your support. You will purchase this product, much like a text book. You may get it from our bookstore and receive an access code to enter when you register on the Shadow Health web site, or enter payment at that time with a credit card number.

- Shadow Health Website: <http://app.shadowhealth.com/>
- Student Account Setup Guide: [http://bit.ly/How to Register](http://bit.ly/How_to_Register)
- Technical Requirements: [http://bit.ly/System Requirements](http://bit.ly/System_Requirements)
- Link to Shadow Health Support: <http://support.shadowhealth.com>
- Course registration PIN for Students: **August2018-7091-2969-1749-9738**

#### Course Objective:

By the end of this course the student will be able to demonstrate a physical assessment using designated criteria and document the results.

#### Student Learning Outcomes

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Critically appraise data discovered during the health history and physical examination of individuals to identify degrees of wellness and real or potential problems.
3. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.
4. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.
5. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.

**Competency Goals Statements:** from The Essentials of Baccalaureate Education for Professional Nursing Practice, American Association of Colleges of Nursing (2008).

Essential VI: Interprofessional Communication and Collaboration for Improving Patient Health Outcomes.

Essential VII: Clinical Prevention and Population Health

Essential IX: Baccalaureate Generalist Nursing Practice

Required Reading and Textbooks:

D'Amico, D. T. & Barbarito, C., (2016), *Clinical Pocket Guide for Health & Physical Assessment in Nursing*, 3<sup>rd</sup> Ed. ISBN: 0-13-400089-7

Shadow Health Digital Clinical Experience (DCE) software:

<http://app.shadowhealth.com/>

### COURSE REQUIREMENTS

Flexible Turn In, Shadow Health

This option allows students to turn in an assignment attempt of their choosing. Directions on how to enable this option: <http://frc.shadowhealth.com/managing-your-course/manage-assignment-options/>

Allow Reopening, Shadow Health

Here is a link about how to reopen an attempt:

<https://shadow.desk.com/customer/portal/articles/1900898-assignment-options-turn-in-reopen>

<b>Assignment</b>	<b>Post-Exam Activities (general estimated total time at 60 min)</b>	<b>Grade</b>
DCE Orientation	n/a	10 points
Conversation Concept Lab	n/a	100 points
Health History	Information Processing, Hallway, and Self-Reflection	100 points
HEENT	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Respiratory Concept Lab	n/a	10 points
Respiratory	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Cardiovascular Concept Lab	n/a	10 points
Cardiovascular	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Abdominal Concept Lab	n/a	10 points
Abdominal	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Musculoskeletal	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Neurological	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Skin, Hair, and Nails	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Comprehensive Assessment		100 points

## **Assignments:**

Complete the Shadow Health (SH) Orientation (Pass/Fail)

### Assignment 1 (10 points)

In Shadow Health (SH) complete the Conversation Concept Lab.

Associated student learning outcomes:

Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

### Assignment 2 (100 points)

In SH complete a Health History including documentation on an adult.

Associated student learning outcomes:

1. Critically appraise data discovered during the health history and physical examination of individuals to identify degrees of wellness and real or potential problems.
2. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.

### Assignment 3 (100 points)

In SH, complete an assessment of the skin, hair and nails on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

### Assignment 4 (100 points)

In SH, complete an assessment of the Head, Eye, Ears, Nose and Throat of an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

### Assignment 5 (10 points)

In SH, practice the skills in the Respiratory Concept Lab

Associated student learning outcomes:

Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

### Assignment 6 (100 points)

In SH, Complete a respiratory assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 7 (10 points)

In SH, practice the skills in the Cardiovascular Concept Lab

Associated student learning outcomes:

Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Assignment 8 (100 points)

In SH, complete a cardiovascular assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 9 (10 points)

In SH, practice the skills in the Abdominal concept Lab

Associated student learning outcomes:

Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Assignment 10 (100 points)

In SH, complete an abdominal assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 11 (100 points)

In SH, complete an Musculoskeletal assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.

2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

#### Assignment 12 (100 points)

In SH, complete an Neurological assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

#### Practicum Log (10 points)

##### Final Physical Assessment of an adult (100 points)

40% of your final grade. Must pass demonstration to pass the course. No late final assessment will be considered.

Associated student learning outcomes:

1. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.
2. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

**Grading Criteria Rubric and Conversion**-Must earn a grade of "C" or higher to pass the course.

5.1 Assignments	50%
5.2 Concept Labs	10%
5.3 Final assessment demonstration	40%

A=90-100  
 B=80-89  
 C=70-79  
 D=60-69  
 F=59 or below

#### Late Assignments:

*Late assignments will have 10% daily deduction, counting weekends. After 3 late assignments in the course, there will be an automatic 30% deduction for the first day and 10% every day after.*

#### Posting of Grades:

All student grades will be posted on the Canvas Grade book and in Shadow Health. Students should monitor their grading status often in Canvas and report to the instructor any

discrepancies. Faculty graded assignments and will be posted within 72 hours after the due date and time.

**COURSE OUTLINE AND CALENDAR:**  
**Complete Course Schedule**  
**NURS 3307 Health Assessment for the RN**

<b>Date</b>	<b>Module</b>	<b>Assignments</b>	<b>Due</b>	<b>Readings</b>
8-27-18	Orient.	Shadow Health Digital Clinical Experience Orientation Complete orientation and exercises at the end.	9-4	
	1	Shadow Health Conversation Concept Lab	9-11	Chap. 4
	2	Shadow Health, Health History	9-18	Chap.5
	3	Skin, Hair & Nails Assessment	9-25	Chap. 6
	4	HEENT	10-2	Chap. 7, 8 & 9
	5	Respiratory Concept Lab	10-9	Chap. 10
	6	Respiratory Assessment	10-16	Chap. 10
	7	Cardiovascular Concept Lab	10-23	Chap.12
	8	Cardiovascular Assessment	10-30	Chap. 12
	9	Abdominal Concept Lab	11-6	Chap. 14
	10	Abdominal Assessment	11-13	Chap. 14
		<b>Thanksgiving</b>		
	11	Musculoskeletal Assessment	11-27	Chap.18
	13	Neurological Assessment	12-4	Chap. 19
	14	Final Complete Assessment <b>Practicum Log Due,</b> Turn in under Log in Canvas	12-11	Chap. 21

## Important University Dates:

<https://www.tamuct.edu/registrar/academic-calendar.html>

## TECHNOLOGY REQUIREMENTS AND SUPPORT

### Technology Requirements

This course will use the TAMUCT Canvas Learn learning management system for class communications, content distribution, and grades. Shadow Health will be used for practice with the physical assessment skills and testing. Shadow Health works best with **FireFox, or Chrome** if you will be using the "Speech to Text" function. Canvas will also work well in FireFox and Chrome.

Logon to <https://tamuct.Canvas.com> to access the course.

Username: Your MyCT username (xx123 or everything before the "@" in your MyCT e-mail address)

Initial password: Your MyCT password

For this course, you will need reliable and frequent access to a computer and to the Internet.

### Canvas Support.

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select "Chat with Canvas Support," submit a support request through "Report a Problem," or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

### Other Technology Support

For log-in problems, students should contact Help Desk Central.

24 hours a day, 7 days a week:

Email: [helpdesk@tamu.edu](mailto:helpdesk@tamu.edu)

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [http://hdc.tamu.edu]

*Please let the support technician know you are an A&M-Central Texas student.*

## UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

### Drop Policy.

If you discover that you need to drop this class, you must complete a [Drop Request Form](https://www.tamuct.edu/registrar/docs/Drop_Request_Form) [https://www.tamuct.edu/registrar/docs/Drop\_Request\_Form.pdf].

Professors cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the University Calendar for which the form must be completed, signed and returned. Once you return the signed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the



procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

### **Academic Integrity.**

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

### **Academic Accommodations.**

#### **Important information for Pregnant and/or Parenting Students.**

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit the [Student Affairs](https://www.tamuct.edu/student-affairs/index.html) web page [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines online](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf), please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

### **Tutoring.**

Tutoring is available to all A&M-Central Texas students, both on-campus and online. On-campus subjects tutored include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or any other question, contact Academic Support Programs at 254-519-5796, or by emailing Larry Davis at [ldavis@tamuct.edu](mailto:ldavis@tamuct.edu).

Chat live with a tutor 24/7 for almost any subject on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log-in and receive FREE online tutoring and writing support. This tool provides tutoring in over forty subject areas. Access Tutor.com through Canvas.

### **The University Writing Center.**

Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free workspace open to all TAMUCT students from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours in the University Library Monday thru Thursday from 6:00-9:00 p.m. This semester, the UWC is also offering online only hours from 12:00-3:00 p.m. on Saturdays.

Students may arrange a one-on-one session with a trained and experienced writing tutor by visiting the UWC during normal operating hours (both half-hour and hour sessions are available) or by making an appointment via [WOnline](https://tamuct.mywconline.com/) at [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at [bruce.bowles@tamuct.edu](mailto:bruce.bowles@tamuct.edu) for any assistance needed with scheduling.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

If you have any questions about the UWC, please do not hesitate to contact Dr. Bruce Bowles Jr. at [bruce.bowles@tamuct.edu](mailto:bruce.bowles@tamuct.edu).

### **University Library.**

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 72,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On-campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available twenty-four hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](https://tamuct.libguides.com/) [https://tamuct.libguides.com/].

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#### **OPTIONAL POLICY STATEMENTS:**

##### **A Note about Sexual Violence at A&M-Central Texas**

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at A&M-Central Texas, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Counseling Services (254-501-5956) located on the second floor of Warrior Hall.

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/departments/compliance/titleix.php) [https://www.tamuct.edu/departments/compliance/titleix.php].

#### **INSTRUCTOR POLICIES.**

##### **Instructor's Personal Statement**

Welcome to Physical Assessment. This assessment course is a step above what you probably had in your Associates program. The course is not designed to be on the level of an independent nurse practitioner, but somewhere in between. The final assessment will be more involved than an inpatient daily assessment and will be completed on a virtual patient in the Shadow Health program.

***Late assignments will have 10% daily deduction, counting weekends. After 3 late assignments in the course, there will be an automatic 30% deduction for the first day and 10% every day after.***

**Copyright Notice.**

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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## NURS 3307 Physical Assessment

### Practicum Experience Log

In the following table, please record the date, your activities, and the practicum work hours that are related to this course: You must complete a minimum of **15 hours** to successfully complete the course. Please type into form and save for submission. You may include all practice sessions and submission of assignments which will automatically be recorded and timed each time you are in the system. The times are a guide, you may spend more time in one area than another, as long as the total is at least 15 hours.

Date	Activity	Practicum Minutes/Hours	Student's Initials
	Orientation		
	Conversation concept Lab		
	Health History		
	Skin, Hair, & Nails		
	HEENT		
	Respiratory Lab		
	Respiratory Assess		
	CV Lab		
	CV Assessment		
	Abdominal Lab		
	Abdominal Assess		
	Musculoskeletal		
	Neurological		
	Final Total Assessment		
TOTAL HOURS			

I verify that I, \_\_\_\_\_, have completed the above practicum hours.