NURS 3307-115, 60001, Health Assessment

Summer 2022
Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION
This course is a web-based course taught online using the A&M-Central Texas Canvas Learning Management System [https://tamuct.instructure.com].

INSTRUCTOR AND CONTACT INFORMATION
Instructor: Catherine Pena
Office: Remote
Email: c.pena@tamuct.edu
Office Hours: Monday-Thursday 11:00 – 4:00 p.m., virtual/phone appointments

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.

Emergency Warning System for Texas A&M University-Central Texas
SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app.

You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the SafeZone website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:
1. Download the SafeZone App from your phone store using the link below:
   - iPhone/iPad: [https://apps.apple.com/app/safezone/id533054756]
2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)
3. Complete your profile and accept the terms of service
COURSE INFORMATION

Course Overview and description

In this course, the concepts and principles underlying the assessment of the health status of culturally diverse individuals are presented. Emphasis is placed on reviewing and renewing cognitive, affective, and psychomotor skills to obtain health histories and discover physical and psychosocial findings in the well person. Emphasis is placed on health assessment as a systematic and organized examination that will provide accurate data to form valid nursing diagnoses and plans of care. Practicum experiences allow students to enhance comprehensive health assessment and analysis skills. Prerequisite(s) or Corequisite(s): NURS 3300.

Course Objective or Goal

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

The Essentials of Baccalaureate Education for Professional Nursing Practice, American Association of Colleges of Nursing

Essential I: Liberal Education as the Basis for Clinical Decision Making
Essential VII: Clinical Prevention and Population Health
Essential IX: Baccalaureate Generalist Nursing Practice
Required Reading and Textbook(s)

There is no required textbook for this course. Any Health Assessment reference material may be utilized as review. Library resources for health assessment are embedded into the Canvas Course modules.

Shadow Health Digital Clinical Experience (DCE) software: http://app.shadowhealth.com/

COURSE REQUIREMENTS

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

Grading Criteria Rubric and Conversion

Module 1:
Complete the Shadow Health (SH) Orientation (Complete/Incomplete)

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.

Module 2:
Assignment 3 (100 points)
In SH, complete a Skin, Hair & Nails 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 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.

Module 3
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.

Module 4
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.

Module 5
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.

Module 6
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:
3. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
4. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 7
Final Physical Assessment of an adult (100 points)
30% of your final grade. Must pass demonstration to pass the course. No late final assessment will be considered. Only one attempt allowed

** Time Log must be submitted for final grade release, if not submitted in time, an IP will be recorded as a final grade. The log is a required clinical form for course credit with a handwritten signature.

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.

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 in Canvas within 7 days after the due date and time. Shadow Health provides immediate results.

Grading Policies

Late Assignments:
Assignments are due on the date and time outlined in the course schedule and syllabus. A 10% deduction will be taken for each day an assignment is past the due date. Exceptions will be granted at faculty discretion and only if arrangements were made prior to the due date.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DUE DATE</th>
<th>POSSIBLE POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DCE Orientation</td>
<td>June 13, 2022</td>
<td>Complete/incomplete</td>
</tr>
<tr>
<td>Conversational Lab</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Health History</td>
<td>June 13, 2022</td>
<td>100</td>
</tr>
<tr>
<td>DCE-Skin, Hair, Nails</td>
<td>July 4, 2022</td>
<td>100</td>
</tr>
<tr>
<td>DCE – HEENT</td>
<td>July 4, 2022</td>
<td>100</td>
</tr>
<tr>
<td>Concept lab-respiratory</td>
<td>July 4, 2022</td>
<td>10</td>
</tr>
<tr>
<td>DCE-Respiratory</td>
<td>July 4, 2022</td>
<td>100</td>
</tr>
<tr>
<td>Concept lab-cardiovascular</td>
<td>July 4, 2022</td>
<td>10</td>
</tr>
<tr>
<td>DCE-Cardiovascular</td>
<td>July 4, 2022</td>
<td>100</td>
</tr>
<tr>
<td>Concept lab-abdominal</td>
<td>July 18, 2022</td>
<td>10</td>
</tr>
<tr>
<td>DCE-Abdominal</td>
<td>July 18, 2022</td>
<td>100</td>
</tr>
<tr>
<td>DCE-Musculoskeletal</td>
<td>July 18, 2022</td>
<td>100</td>
</tr>
<tr>
<td>DCE-Neurological</td>
<td>July 18, 2022</td>
<td>100</td>
</tr>
<tr>
<td>Final Assessment</td>
<td>July 26, 2022</td>
<td>100</td>
</tr>
<tr>
<td>Time Log-Required</td>
<td>July 26, 2022</td>
<td>Complete/incomplete</td>
</tr>
<tr>
<td>Course Evaluation</td>
<td></td>
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</tr>
</tbody>
</table>
Important University Dates
https://www.tamuct.edu/registrar/academic-calendar.html

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements
This course will use the A&M-Central Texas Instructure Canvas learning management system.
**We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [https://tamuct.instructure.com/] or access Canvas through the TAMUCT Online link in myCT [https://tamuct.onecampus.com/]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

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.

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.

Online Proctored Testing
A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

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
Phone: (254) 519-5466
Web Chat: [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 the Drop Request Dynamic Form through Warrior Web.


Faculty cannot drop students; this is always the responsibility of the student. The Registrar’s Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed 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. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the Student Conduct process, [https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may submit a report, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Warrior Center for Student Success, Equity and Inclusion is responsible for ensuring that students with a disability receive equal access to the university’s programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our Access & Inclusion Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]
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 Student Affairs [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution’s Title IX Coordinator. If you would like to read more about these requirements and guidelines online, 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 virtually and in-person. Student success coaching is available online upon request.

If you have a question, are interested in becoming a tutor, or in need of success coaching contact the Warrior Center for Student Success, Equity and Inclusion at (254) 501-5836, visit the Warrior Center at 212 Warrior Hall, or by emailing WarriorCenter@tamuct.edu.

To schedule tutoring sessions and view tutor availability, please visit Tutor Matching Services [https://tutormatchingservice.com/TAMUCT] or visit the Tutoring Center in 111 Warrior Hall.

Chat live with a remote tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University—Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. For the Summer 2022 semester, the hours of operation are from 10:00 a.m.-4:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and most Saturdays from 12:00-3:00 p.m.

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!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WCOnline at [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

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 400,000 eBooks and 82,000 journals, in addition to the 96,000 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 24 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 virtually through WebEx, Microsoft Teams or in-person at the library. Schedule an appointment here [https://tamuct.libcal.com/appointments/?g=6956]. 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 [http://tamuct.libguides.com/index].

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 TAMUCT, 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 Student
Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

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/compliance/titleix.html].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the referral online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [https://www.tamuct.edu/bit]. If a person’s behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.

OTHER POLICIES

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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