

Covenant School of Nursing
Instructional 1 Learning Guide
Topic: Health History & Physical Assessment

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- Gather baseline data about the patient's health.
- Determine appropriate use of assessment techniques.

Pre-Class Preparation

Required:

Read

- Potter, P., Perry, A., Stockert, P., & Hall, A. (2021). *Fundamentals of Nursing* (10th ed.) **Chapter 19 – Nursing Assessment, pp. 211-226, Chapter 30 – Health Assessment and Physical Examination, pp. 516-5898**, St. Louis, MS: Elsevier.
- Review PowerPoint Slides

Complete

- **The online assignments listed in the Learning Activities have a course due date that is documented in the Lesson information. It is recommended that you complete the activities prior to class for an introduction to the lecture.**
- **An average score of 80% on each test in the assignment is required. Failure to complete the assignments by the due date will result in an absence – review your syllabus.**

Additional Resources:

- None

Learning Activities

Classroom Activities:

- Lecture
- Group Discussion and practice in class (bring **stethoscope** and **pen light** to class both physical assessment classroom days)

Laboratory/Clinical Activities:

- Physical Assessment Lab
- Physical Assessment Clinical site with a diverse population
- Simulation

Online:

- Go to My Evolve
Select Clinical Skills: Skills for Nursing Collection
Select Course Content
Select Essentials Collection
Select and complete the following modules:
 - Assess the Musculoskeletal System
 - Assessing the Neurologic System: Mental Status and Cranial Nerves
 - Assessing the Neurologic System: Motor and Sensory Functions
 - Assessing the Skin, Hair, and Nails
 - Head-to-Toe Assessment
- ****Please concentrate on BASIC skills when assessing the ADULT patient. (There are advanced skills shown in the video which you will learn later and not need to perform**

in this class).	
Evaluation Methods	
• Unit Exam • CPE & Simulation	
<i>Texas DEC's</i>	<i>QSEN Competencies</i>
Knowledge: IA: 4; IB: 3, 7b, c IIB: 1,2,3; IIC: 1a, 2a, c; IID: 1a IIIA: 3; IIIB: 1a, b; IIIC: 2; IIID: 1c IVA: 5a; IVC: 4b; IVE: 1a Clinical Judgments and Behaviors: IA: 2; IB: 3a, b, c, 8 IIA: 2a; IIB: 1, 2, 3a, 5, 9; IIC: 1; IID: 2c IIB: 1, 2, 3a, 9; IIIC: 2a, b; IIID: 1, 2, 3 IVA: 2a; IVC: 2b, c; IVE: 1a	Patient Centered Care Safety
<i>IM Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
1; 4; 8	Management of Care: Client Rights; Health Promotion and Maintenance: Techniques of Physical Assessment
<i>Concepts</i>	<i>Faculty</i>
Health Promotion: Physical Assessment	Stunkard
<i>Date originated:</i> 5/2/18	<i>Revision Dates:</i> 02/4/2019

Instructional Module (X) Learning Guide

Topic(X)