

**Covenant School of Nursing  
Instructional 1 Learning Guide  
Topic: Health Assessment and Physical Examination**

<b>Learning Goals/Outcomes</b>	
Upon completion of this lesson, you will be able to: <ul style="list-style-type: none"> <li>Gather baseline data about the patient's health</li> <li>Determine appropriate use of assessment techniques</li> </ul>	
<b>Pre-Class Preparation</b>	
<b>Read:</b> <ul style="list-style-type: none"> <li>Potter, P.A., Perry, A.G., Stockert, P.A., Hall, A.M., <u>Fundamentals of Nursing</u>, 10<sup>th</sup> ed. (2021) &amp; 11<sup>th</sup> ed. (2023) Chapter 30 – Health Assessment and Physical Examination</li> </ul> <b>Review:</b> <ul style="list-style-type: none"> <li>Health Assessment and Physical Examination PowerPoint located on the Learning Management System (LMS), Lessons, Health Assessment and Physical Examination folder</li> </ul> <b>Required:</b> <ul style="list-style-type: none"> <li>None</li> </ul>	
<b>Learning Activities</b>	
<b>Classroom Activities:</b> <ul style="list-style-type: none"> <li>Lecture</li> <li>Discussion</li> <li>Practice in class (bring stethoscope and pen light to class)</li> </ul> <b>Laboratory/Clinical Activities:</b> <ul style="list-style-type: none"> <li>Physical Assessment Lab</li> <li>Demonstration of physical assessment skills in all clinical settings</li> </ul> <b>Online:</b> <ul style="list-style-type: none"> <li>None</li> </ul>	
<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>Unit Exam</li> <li>Clinical and classroom observation</li> </ul>	
<b>Texas DECs</b>	<b>QSEN Competencies</b>
<b>Knowledge:</b> 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  <b>Clinical Judgments and Behaviors:</b> 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
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1; 4; 8	Management of Care: Client Rights; Health

	Promotion and Maintenance: Techniques of Physical Assessment
<b>Concepts</b>	<b>Faculty</b>
Health Promotion: Physical Assessment	Niki McAdams, MSN, RN
<b>Date originated:</b> 5/2/18	<b>Revision Dates:</b> 02/4/2019, 01/24/2022, 1/14/24

*Instructional Module 1 Learning Guide*

*Topic: Health Assessment*

---

*CSON Learning Guide (adopted 5-2015 by Faculty vote) – REV 9-2016*