

## Health Assessment

### Course Description

This course reviews the role of registered nurses in Canada in health assessment. The course teaches head-to-toe holistic health assessment which includes health history interview and physical examination skills. It consists of online course readings and activities to be completed independently by students prior to skills lab practice sessions. Theory is reinforced during skills lab practice sessions and small group discussions of theory application and key safety concepts. Students will be expected to attend all sessions and be prepared to actively participate.

### Course Outcomes

By the end of the course the learner will:

1. Develop rapport-building skills and nursing interview skills when performing a health history.
2. Use a holistic, health promotion approach when gathering health assessment data.
3. Complete head-to-toe and focused assessments.
4. Identify common diseases, and recognize signs, symptoms and risk factors through health history interviews and a focused physical assessment.
5. Apply principles of critical thinking and evidence-based practice when completing case studies.

### Format of Course

The theory for this course is delivered entirely online; learners study and review materials on their own and attend mandatory lab sessions after completion of all online course work (two full days). The focus of the lab sessions is application of theory and practice of identified health history interviewing and physical assessment skills. Simulation will be used in lab sessions to foster learning.

## Content

Units	Topics
1	<b>Health and Development</b> <ul style="list-style-type: none"> <li>• Health Promotion and Disease Prevention</li> <li>• Growth and Development through the Lifespan</li> </ul>
2	<b>Health History</b> <ul style="list-style-type: none"> <li>• Techniques of Communication for Interviewing</li> <li>• Health History</li> </ul>
3	<b>General Survey, Vital Signs &amp; Techniques</b> <ul style="list-style-type: none"> <li>• The General Survey and Vital Signs</li> <li>• The Skills of Physical Assessment</li> <li>• Approaching Health Assessment</li> <li>• The Decision Making Process</li> <li>• Documentation</li> </ul>
4	<b>Neurological, Head, Neck, Eyes, Ears and Nose Assessment</b> <ul style="list-style-type: none"> <li>• Assessing LOC and Mental Status</li> <li>• Assessment of Cranial Nerves</li> <li>• Motor and Sensory Assessment</li> <li>• Abnormal Findings</li> <li>• Across the Lifespan Adaptations</li> <li>• ENT Health History and Assessment</li> <li>• Eye Health History and Assessment</li> </ul>
5	<b>Gastrointestinal Assessment</b> <ul style="list-style-type: none"> <li>• Abdominal Landmarks</li> <li>• General Assessment</li> </ul>
6	<b>Respiratory Assessment</b> <ul style="list-style-type: none"> <li>• Thoracic Landmarks</li> <li>• Physical Assessment</li> <li>• Assessment of Respiratory Treatments</li> <li>• Abnormal Findings</li> <li>• Across the Lifespan Adaptations</li> </ul>
7	<b>Cardiovascular Assessment</b> <ul style="list-style-type: none"> <li>• General Appearance</li> <li>• Fluid Volume Status</li> <li>• Peripheral Perfusion and Cardiac Output</li> <li>• Cardiac Function</li> <li>• Abnormal Findings</li> <li>• Across the Lifespan Adaptations</li> </ul>
8	<b>Musculoskeletal and Skin Assessment</b> <ul style="list-style-type: none"> <li>• Physical Assessment</li> <li>• Musculoskeletal abnormality or Injury</li> </ul>
9	<b>Genitourinary Assessment</b> <ul style="list-style-type: none"> <li>• The Female and Male Perineum</li> <li>• Assessment of Urine</li> </ul>
10	<b>A Head-to-toe Approach to Assessment</b> <ul style="list-style-type: none"> <li>• The Head-to-Toe VS Integrated Approach</li> </ul>