

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: NUR 226

Credits: 3

Course Title: Health Assessment

Course Description: Introduces the systematic approach to obtaining a health history and performing a physical assessment. Provides students with the knowledge and skills necessary to enact the assessment phase of the nursing process and formulate a client database as the foundation of the care planning process. Enables students to demonstrate client interview skills and physical examination techniques during the course. Prerequisites: NUR 111, BIO 141, BIO 142, SDV 100, ENG 111, MTH 126. Prerequisite or Co-requisite: PSY 230. Co-requisites: NUR 108, NUR 245, NUR 115. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose: Course focuses on helping students learn to take a health history, perform a physical assessment, analyze the data collected, and discuss health promotion strategies.

Course Prerequisites and Co-requisites:

Prerequisites: NUR 111, BIO 141, BIO 142, SDV 100, ENG 111, MTH 126

Prerequisite or Co-requisite: PSY 230

Co-requisites: NUR 108, NUR 245, NUR 115

Course Objectives:

Upon completing the course, the student will be able to

- a. Demonstrate therapeutic communication skills to obtain a comprehensive health history;
- b. Integrate knowledge of socio-cultural and physiological characteristics when assessing clients with health issues;
- c. Correlate knowledge of anatomy and physiology necessary for system analysis;
- d. Describe the role of the ADN nurse in collecting and analyzing data;
- e. Perform a physical assessment of identified systems that is accurate and safe for the client and the nurse utilizing a systematic approach;
- f. Apply critical-thinking skills in assessing a client;
- g. Apply the nursing process focusing on physical, developmental, and psychosocial needs; and
- h. Document data collected in a timely manner with use of appropriate medical terminology that accurately reflects information collected.

Major Topics to Be Included: Assessment of body systems, including musculoskeletal, abdominal, respiratory, cardiac and peripheral vascular, neurological, eyes, ears, head, neck, mouth, nose and throat, and skin.

Effective Date of Course Content Summary: July 17, 2015