

Macao Polytechnic Institute

Peking University Health Science Center - Macao Polytechnic

Institute Nursing Academy

Bachelor of Science in Nursing

Module Outline

Academic Year 2021 / 2022 Semester 2

Learning Module	Basic Health Assessment		Class Code	NBHA1102
Pre-requisite(s)	Nil			
Medium of Instruction	Cantonese and English		Credit	2
Lecture Hours	13 classes 26 hrs	Lab/Practice Hours	2 classes 4 hrs	Total Hours 30 hrs
Instructor	LEONG Sin U Cindy Associate Professor Lang Bin Sub-director/Associate Professor		E-mail	suleong@ipm.edu.mo blang@ipm.edu.mo
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Description

This module covers basic principles and skills of health assessment in nursing practice. The contents emphasize on a comprehensive, systematic, and accurate assessment of the client's health status in the physical, psychological, social and spiritual areas, so as to identify the client's health care needs.

Learning Outcomes

After completing the course, students will be able to:

1. define the purpose and scope of health assessment in nursing practice;
2. describe the principles of health assessment in relation to holistic concept of health;
3. explain the principles and demonstrate general skills of health assessment;
4. demonstrate skills of using the Gordon's assessment of functional health patterns; and
5. demonstrate skills of conducting a head-to-toe assessment, including specific assessment of various body systems.

Contents

1. Introduction and characteristics of health assessment in nursing practice (2-hour class)
 - 1.1 Describe the holistic concepts in health assessment
 - 1.2 Mention the benefits of skills' checklists
 - 1.3 Discuss the general skills and tools of health assessment
(UNDERSTAND: the four major techniques such as inspection, palpation, percussion and auscultation)

2. Eleven Functional Health Patterns of Gordon (4-hour class)
 - 2.1 Discuss the entire assessment in leading to a nursing diagnosis.
 - 2.2 Discuss the purpose to have mental health assessment
(UNDERSTAND: both assessments help to measure the general physical health or mental health)

3. Nervous system (2-hour class)
 - 3.1 Define the function of cerebellum and cranial nerves XII
 - 3.1.1 Define the method to complete the neurologic examination
(COMPREHEND: familiar the techniques for neurologic assessment)

4. Nutritional, skin, hair and nails assessment (2-hour class)
 - 4.1 Define nutritional status
 - 4.1.1 Describe the methods to assess nutritional status
 - 4.2 Define the normal appearance of skin, hair and nails assessment
 - 4.1.1 Define abnormal changes of the above
(COMPREHEND: familiar with some abnormal status)

5. Reproductive system and breast assessment (2 class hours)
 - 5.1 Describe the normal physical characteristics of male and female reproductive organs
 - 5.1.1 Describe abnormalities and signs and symptoms of reproductive organs
 - 5.1.2 Differentiate indirect and direct inguinal hernias
 - 5.1.3 Explain techniques for obtaining smears and cultures
 - 5.2 Demonstrate physical examination of the breasts and axillae
(UNDERSTAND: the early assessment, signs and symptoms of the breast cancer)

6. Skill practice laboratory (2-hour class)
 - 6.1 Interpret physical assessment checklist
 - 6.2 Demonstrate the techniques related to previous lectures (Cindy's lectures)
 - 6.3 Assess students for performing the physical examination techniques
(MASTER: summarize the techniques facilitating health assessment)

7. Head, eyes, nose, paranasal sinuses, mouth, oropharynx, ears, and neck assessment (4-hour class)
 - 7.1 Discuss the normal structure and function

- 7.2 Demonstrate the physical assessment
 - 7.2.1 Interpret the techniques to examine and inspect
(COMPREHEND: apply knowledge and physical examination skills in practicum)

- 8. Cardiovascular system (2-hour class)
 - 8.1 Briefly mention the risk factors for hypertension
 - 8.2 Demonstrate the techniques to assess heart sound and the locations
 - 8.2.1 Demonstrate the venous assessment by assessing the pulse in extremities
 - 8.3 (COMPREHEND: apply knowledge and assessment skills in practicum)

- 9. Musculoskeletal system (2-hour class)
 - 9.1 Briefly describe the structure and function
 - 9.1.1 Identify the risk factors of musculoskeletal system
 - 9.1.2 Inspect and palpate the spinal, knees, and extremities for movement
 - 9.1.3 Assess and inspect the joint range movement
(MASTER: familiar with knowledge and apply to clinical practice)

- 10. Respiratory and lymphatic system (2-hour class)
 - 10.1 Briefly mention the risk factors correlate to respiratory system
 - 10.1.1 Demonstrate the techniques to assess lung sound and the locations
 - 10.2 Understand the function of the lymphatic system
 - 10.2.1 Demonstrate the techniques to assess lymph nodes and the locations
 - 10.2.2 (MASTER: familiar the age-related changes and the risk factors)

- 11. Gastrointestinal system and elimination (2-hour class)
 - 11.1 Briefly mention the risk factors correlate to gastrointestinal system
 - 11.1.1 Demonstrate the techniques to assess abdominal sounds and the locations
 - 11.1.2 Discuss the normal elimination pattern
 - 11.1.3 Briefly mention position for rectal examination
 - 11.1.4 Understand the internal and external structure of haemorrhoids
(MASTER: familiar with the assessment techniques on abdominal sounds)

- 12. **Skill practice laboratory** (2-hour class)
 - 12.1 Interpret physical assessment checklist
 - 12.2 Demonstrate the techniques related to previous lectures (LangBin's lectures)
 - 12.3 Assess students for performing the physical examination techniques
(MASTER: summarize the techniques facilitating health assessment)

- 13. Examination (2-hour class).
 - 13.1 Any students scoring less than 35% of the total mark in the final examination will be given an "F" grade for the module even if the overall grade is 50% or higher.

Teaching Method:

Lectures, case studies, clinical and experience sharing, skills showing and repeated among students

Attendance

Attendance of the module is in accordance with the attendance stated in the ‘Academic Regulations Governing Bachelor’s Degree Programmes of Macao Polytechnic Institute’. Students are not eligible to attend the final examination and re-sit examination, moreover, an “F” will be given as the final grade to students who have less than the stated attendance for the enrolled subject.

Assessment

Individual assignment	30%
Video taking	30%
Examination	40%

Assignment

This is an **individual case study** to be submitted according to the arrangement with subject teacher and students. The student is to identify a client for practicing the assessment skills. The student writes a report of the health assessment findings and the experiences of the client mentioned. After the health status is defined, the student should look for related information and give appropriate suggestions to the client. The report should cover a head-to-toe assessment with the following components:

- General description of the client’s health status (10%)
- Assessment results of various body systems (60%)
- Basic or simple health problems identified on your results (10%)
- Suggestions given to the client (10%)
- Accurate written format (10%)

Guide to Video Taking

This is a group assignment. This assignment contributes to 30% of the subject score.

Submission date is arrangement with the subject teacher and students.

Each group should take a video vignette of the assessment skill on **one** assigned body system. The video should last for a period between 20 to 30 minutes (10%). Essential skills (follow the checklist as much as possible) must be demonstrated (60%). Assessment tools should be explained briefly (20%). Performance of assessor and client-acting and others should also be included (10%).

Teaching Material(s)

Handout, pamphlet, newspaper, report, picture, video and book

References

Jarvis, C. (2020). *Physical examination & health assessment* (8th ed). New York: Elsevier.

Estes, M. E. Z. (2014). *Health assessment & physical examination* (5th ed). Clengage learning: Singapore.

Timetable (Class A)

Session	Date	Time	Topic	Teacher
1	2022-01-07	11:00-13:00	Course outlines briefing. Health assessment in nursing practice Holistic concepts in health assessment 11 Functional Health Patterns (Gordon) & Mental Health Assessment (1)	Cindy
2	2022-01-14	11:00-13:00	11 Functional Health Patterns (Gordon) & Mental Health Assessment (2)	Cindy
3	2022-01-19	14:30-16:30	General skills and tools of health assessment <ul style="list-style-type: none"> • Inspection & observation • Palpation • Percussion • Auscultation 	Cindy
4	2022-01-21	11:00-13:00	Nervous system <ul style="list-style-type: none"> • Cerebellum • Cranial Nerves XII 	Cindy
5	2022-01-24	14:30-16:30	Nutritional Assessment Skin, Hair and Nails Assessment	Cindy
6	2022-02-09	09:00-11:00	Reproductive system Breasts Assessment	Cindy
7	2022-02-16	14:30-16:30	Skills Practice & Assessment	Cindy
8	2022-02-17	11:00-13:00	Checklists Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (1)	LANG Bin
9	2022-02-18	11:00-13:00	Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (2)	LANG Bin
10	2022-02-25	09:00-11:00	Cardiovascular System	LANG Bin
11	2022-02-25	11:00-13:00	Respiratory System Lymphatic System	LANG Bin
12	2022-03-29	11:00-13:00	Gastrointestinal System Elimination system	LANG Bin
13	2022-04-13	14:30-16:30	Musculoskeletal System	LANG Bin
14	2022-04-14	14:30-16:30	Skills Practice & Assessment	LANG Bin
15	2022-05-04	09:00-11:00	Exam	Cindy

Timetable (Class B)

	Date	Time	Topic	Teacher
1	2022-01-11	09:00-11:00	Course outlines briefing. Health assessment in nursing practice Holistic concepts in health assessment 11 Functional Health Patterns (Gordon) & Mental Health Assessment (1)	Cindy
2	2022-01-14	09:00-11:00	11 Functional Health Patterns (Gordon) & Mental Health Assessment (2)	Cindy
3	2022-01-20	09:00-11:00	General skills and tools of health assessment <ul style="list-style-type: none"> • Inspection & observation • Palpation • Percussion • Auscultation 	Cindy
4	2022-01-21	09:00-11:00	Nervous system <ul style="list-style-type: none"> • Cerebellum • Cranial Nerves XII 	Cindy
5	2022-02-09	11:00-13:00	Nutritional Assessment Skin, Hair and Nails Assessment	Cindy
6	2022-02-10	09:00-11:00	Reproductive system Breasts Assessment	Cindy
7	2022-02-14	14:30-16:30	Checklists Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (1)	LANG Bin
8	2022-02-15	14:30-16:30	Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (2)	LANG Bin
9	2022-02-16	09:00-11:00	Cindy	Cindy
10	2022-02-23	09:00-11:00	Cardiovascular System	LANG Bin
11	2022-03-01	09:00-11:00	Respiratory System Lymphatic System	LANG Bin
12	2022-03-08	09:00-11:00	Gastrointestinal System Elimination system	LANG Bin
13	2022-03-15	09:00-11:00	Musculoskeletal System	LANG Bin
14	2022-03-16	09:00-11:00	Skills Practice & Assessment	LANG Bin
15	2022-05-04	09:00-11:00	Exam	LANG Bin

Timetable (Class C)

Session	Date	Time	Topic	Teacher
1	2022-01-10	09:00-11:00	Course outlines briefing. Health assessment in nursing practice Holistic concepts in health assessment 11 Functional Health Patterns (Gordon) & Mental Health Assessment (1)	Cindy
2	2022-02-11	11:00-13:00	11 Functional Health Patterns (Gordon) & Mental Health Assessment (2)	Cindy
3	2022-03-03	11:00-13:00	General skills and tools of health assessment <ul style="list-style-type: none"> • Inspection & observation • Palpation • Percussion • Auscultation 	Cindy
4	2022-03-04	14:30-16:30	Nervous system <ul style="list-style-type: none"> • Cerebellum • Cranial Nerves XII 	Cindy
5	2022-03-10	09:00-11:00	Nutritional Assessment Skin, Hair and Nails Assessment	Cindy
6	2022-03-10	11:00-13:00	Reproductive system Breasts Assessment	Cindy
7	2022-03-17	09:00-11:00	Skills Practice & Assessment	Cindy
8	2022-03-17	11:00-13:00	Checklists Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (1)	LANG Bin
9	2022-03-18	14:30-16:30	Head, Neck, Ears, Eyes, Nose, Paranasal Sinuses, Mouth, and Oropharynx Assessment (2)	LANG Bin
10	2022-03-21	09:00-11:00	Cardiovascular System	LANG Bin
11	2022-03-23	14:30-16:30	Respiratory System Lymphatic System	LANG Bin
12	2022-03-25	11:00-13:00	Gastrointestinal System Elimination system	LANG Bin
13	2022-03-28	09:00-11:00	Musculoskeletal System	LANG Bin
14	2022-04-12	11:00-13:00	Skills Practice & Assessment	LANG Bin
15	2022-05-04	09:00-11:00	Exam	Teacher