

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

**Course Prefix and Number:** NSG 200

**Credits:** 3

**Course Title:** Health Promotion and Assessment

**Course Description:** Introduces assessment and health promotion for the individual and family. Includes assessment of infants, children, adults, geriatric clients and pregnant females. Emphasizes health history and the acquisition of physical assessment skills with underlying concepts of development, communication, and health promotion. Prepares students to demonstrate competency in the assessment of clients across the lifespan. Provides supervised learning experiences in college nursing laboratories, clinical/community settings, and/or simulated environments. Prerequisites: BIO 141 or BIO 231; ENG 111, PSY 230, SDV 100. Co-requisites: NSG 100, NSG 106. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

**General Course Purpose:** This course provides novice students with an opportunity to develop health assessment skills across the lifespan.

**Course Prerequisites and Co-requisites:**

Prerequisites: BIO 141 or BIO 231; ENG 111, PSY 230, SDV 100

Co-requisites: NSG 100, NSG 106

**Student Learning Outcomes:**

Upon completing the course, the student will be able to:

- a. Use therapeutic communication, caring behaviors and client self-determination when completing a health history and physical assessment;
- b. Report patient safety issues and potential health risks in the performance of health assessment across the lifespan;
- c. Perform basic physical assessment across the lifespan;
- d. Identify differences in assessment techniques in clients of varying ages and stages of development; and
- e. Assess factors contributing to health promotion and lifestyle choices.

**Major Topics to Be Included:**

- a. Communication Concept
  - Communication theories
  - Interviewing skills
  - Therapeutic communication
  - Exemplars: health history, electronic health record and documentation
- b. Development Concept
  - Developmental assessment: infant, child, adolescent, adult, geriatric client
  - Exemplars: developmental delay in the child, developmentally challenged adults

- c. Health Promotion/Adherence/Motivation Concept
  - Response to illness
  - Self-management
  - Motivational theories
  - Exemplars: risk factor modification: smoking cessation, exercise, diet, and vaccination across the lifespan
- d. Assessment Techniques
  - Inspection, palpation, percussion, auscultation across the lifespan
  - Vital signs
- e. Cognition Concept
  - Assessment of mental status
- f. Tissue Integrity Concept
  - Assessment of the skin
  - Temperature measurement
- g. Perfusion Concept
  - Assessment of cardiovascular system
  - Blood pressure and pulse measurement
  - Assessment of the lymphatic system
- h. Gas Exchange Concept
  - Assessment of the respiratory system
  - Respiration and pulse oximetry measurement
- i. Elimination Concept
  - Assessment of the gastrointestinal and urinary systems
- j. Mobility Concept
  - Assessment of the musculoskeletal system
- k. Intracranial Concept
  - Assessment of neurological system
- l. Sensory Perception Concept
  - Assessment of the head, neck, nose, mouth and throat
  - Assessment of the eyes and ears
- m. Reproduction Concept
  - Assessment of the genitalia
  - Breast assessment
  - Assessment of the pregnant female

**Date Created/Updated** (Month, Day, and Year): December 9, 2019