

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

Course Prefix and Number: NUR 195

Credits: 1

Course Title: Topics in Nursing: Health Assessment

Course Description (including lecture hours, lab hours, total contacts)

Provides students with the content needed to complete a client assessment related to vital signs, nutrition, growth and development throughout lifespan, identification of psychosocial needs, and the Mental Status Exam process. Prerequisite: NUR 226 (2 credits). Lecture 1 hour per week.

General Course Purpose

The Nursing program revised and implemented a new curriculum starting in Summer 2010. While the course numbers have remained the same, the content and credits have changed for NUR 111 (Fundamentals of Nursing) and NUR 226 (Health Assessment). NUR 111 (new) was reduced by one credit which was added to NUR 226 (new). The one credit content represents four areas noted under the course description.

Students who were unsuccessful with NUR 111 (old) will be returning to take NUR 111 (new). However, NUR 111 (new) has four areas of content that was moved to NUR 226 (new). This course reflects the four content areas relocated to NUR 226 (new) from NUR 111 (old). These students have already passed NUR 226 (old), which did not cover the four content areas.

As such, the course is a one-time offer for a limited number of students who did not pass NUR 111 (old).

Course Prerequisites/Co-requisites (*Entry-level competencies **required** for enrollment*)

Prerequisite: NUR 226 (2 credits)

Course Objectives

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

1. Describe procedures used to assess vital signs: temperature, pulse, respirations, blood pressure, and pain.
2. Identify equipment and procedures routinely used to assess vital signs.
3. Recognize normal vital sign values for various age groups.
4. Describe factors that may influence each vital sign.
5. Identify nursing responsibilities when data collected is abnormal.
6. Discuss nursing implications for managing abnormal vital signs.
7. Discuss the use of developmental theory as a basis for assessment.
8. Compare and contrast theories of growth and development and their application in client assessment across the lifespan.
9. Discuss use of growth and development as a baseline for assessing "normal" development.
10. Describe factors that influence accomplishment of developmental tasks.
11. Review each stage of growth and development and goals for client outcomes.
12. Identify specific tools used in developmental screening.
13. Assess a client in each stage of development for adequate and inadequate task accomplishment (psychosocial, cognitive, behavioral, and physical).
14. Differentiate between psychological, cognitive, behavioral, and physical developmental milestones.
15. Assess a client's residual behaviors from unmet tasks in previous stages of psychological development.

16. Discuss a focused assessment for a client with delayed growth and development.
17. Describe modifications in health history and physical assessment related to age.
18. Relate cultural differences to developmental assessment.
19. Define mental status.
20. Identify the purpose of performing a Mental Status Exam on a client.
21. Describe components of the Mental Status Exam.
22. List specific client issues that would warrant performing a Mental Status Exam.
23. Describe appropriate terminology to use for describing client adequate and inadequate data.
24. Compare and contrast communication techniques to utilize when completing a Mental Status Exam and/or gathering psychosocial data.
25. Assess a client's mental status by completing a Mental Status Exam/Mini Mental Status Exam and discuss its relevance in planning nursing care.
26. Explore the relevance of inadequacies in each area of the Mental Status Exam.
27. Discuss a focused assessment for a client with Altered Thought Process.
28. Define nutritional status.
29. Discuss various nutritional needs of different groups based on age, religion, and culture.
30. Identify clients with special nutritional needs related to disease processes.
31. Complete a Nutritional Screening Tool/Comprehensive Nutritional Assessment.
32. Discuss more common abnormal findings related to the Nursing Diagnosis: Altered Nutrition.
33. Examine a client to assess for adequate nutrition.
34. Utilize the Food Guide Pyramid to create teaching information to address the needs of an individual identified as coping with Altered Nutrition.

Major Topics to be Included

Vital Signs and Pain
Growth and Development
Mental Status Exam and Psychosocial Assessment
Nutrition

Effective Date of Course Content Summary (Month, Date Year): 8/16/2010