

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. 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

Course Objectives:

Upon successful completion of this course, students will be able to:

- Use therapeutic communication, caring behaviors and client self-determination when completing a health history and physical assessment.
- Report patient safety issues and potential health risks in the performance of health assessment across the lifespan.
- Perform basic physical assessment across the lifespan.
- Identify differences in assessment techniques in clients of varying ages and stages of development.
- Assess factors contributing to health promotion and lifestyle choices.
- Recognize cues related to client assessment and health promotion.
- Identify the safety practices necessary for medication preparation and administration.
- Utilize the CDC vaccination guidelines for health care promotion and education across the lifespan.

Major Topics to be Included

Concepts and Exemplars	Pharmacology
Communication Concept • Communication theories • Interviewing skills • Therapeutic communication Exemplars: Health history	
Development concept • Development assessment: Infant, child, adolescent, adult, and geriatric client Exemplar: Developmental delay in the child, developmentally challenged adults	
Health Promotion/Adherence/Motivation Concept Response to illness Self-Management Motivational theories Exemplars: risk factor modification, smoking cessation, exercise, diet, and vaccinations (including emerging vaccines like Monkeypox and Ebola) across the lifespan	Haemophilus influenzae type B vaccine (HIB) Hepatitis A and B Herpes Zoster Human Papillomavirus Vaccine (HPV) Polio Influenza (Flu) Measles/Mumps/Rubella (MMR) Meningococcal Pneumococcal (PCV 13, PCV 15, PCV 20, PCV 23) Respiratory Syncytial Virus (RSV) Rotavirus Tetanus/Diphtheria/Pertussis (TDaP) Varicella COVID
Cognition Concept • Assessment and documentation of mental status	
Tissue Integrity Concept Assessment and documentation of the skin • Temperature measurement	
Perfusion Concept • Assessment and documentation of the cardiovascular system • Blood Pressure and pulse measurement • Assessment of the lymphatic system	

Gas Exchange Concept ● Assessment and documentation of the respiratory system ● Respirations and pulse oximetry measurement	
Elimination Concept ● Assessment and documentation of the elimination system	
Mobility Concept ● Assessment and documentation of the musculoskeletal system	
Intracranial Regulation Concept ● Assessment and documentation of the neurological system ○ Including signs and symptoms of stroke	
Sensory Concept ● Assessment and documentation of the head, neck, nose, mouth, and throat ● Assessment and documentation of the eyes and ears	
Reproduction Concept ● Assessment and documentation of the genitalia ● Breast Assessment ● Assessment of the pregnant female	

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