

NURN 155

Nursing Health Assessment and Promotion

2 Credits (1.5 credits lecture and 0.5 credit lab)

Community College of Baltimore County
Common Course Outline

Description

NURN 155– Nursing Health Assessment and Promotion: is a course in which students explore the theory and technical skills to perform an adult nursing health assessment in the role of a nurse generalist. Emphasis is placed on promoting wellness behaviors for clients across the life span. The learning experience provides opportunities for students to gain cognitive, technical, and interpersonal skills necessary to provide safe, effective nursing care. Supervised simulations and skills laboratory experiences are designed to assist learners to integrate clinical judgment, caring behaviors, use of technology, and skills performance.

Pre-requisites: Admission to the nursing program

Overall Course Objectives

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

1. discuss the nurse's role in promoting optimal health;
2. describe common risk factors, health promotion activities and teaching needs for clients across the life span;
3. plan health promotion interventions for clients across the life span;
4. explain the steps of the nursing process/clinical judgment as a systematic method to assess adults;
5. demonstrate respect for the client's cultural and spiritual diversity while performing a health assessment;
6. explain ways to communicate that recognize gender identity, diversity, and culture when obtaining a health history for clients across the life span;
7. perform nursing assessment including vital signs and basic physical assessment skills safely and effectively;
8. distinguish variations of physical assessment findings in the adult client;
9. describe interprofessional communication of normal and abnormal findings;
10. identify the normal ranges of common diagnostic/laboratory tests and the implications of abnormalities; and
11. demonstrate documentation methods used with assessments.

Major Topics

- I. Introduction to health promotion
 - a. Components of health promotion
 - b. Life span considerations
 - c. Healthy People 2030
 - d. Social determinants of health
- II. Communication

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- a. Sensitivity to diverse population
 - b. Techniques
 - c. Interview and history
- III. Introduction to health assessment of an adult
- a. General survey and Environmental survey
 - b. Vital signs
 - c. Physical assessment techniques
 - d. Laboratory and diagnostic studies
 - e. Documentation
 - f. Focused assessment for specific concepts
 - g. Putting together a complete assessment

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- three theory examinations
- two quizzes
- one teaching project
- vital signs skills testing
- physical assessment skills testing
- two lab assignments

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to APA style.

Other Course Information

The following are required for satisfactory completion of this course:

- attendance at all assigned laboratory experiences
- completion of all assignments
- satisfactory performance in lab
- satisfactory performance on all nursing skills tests
- an exam average of 75.00% or higher
- an overall grade of C (75.00%) or higher

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