

## **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:** 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. apply the first step of the nursing process as a systematic method to assess adults;
4. plan health promotion interventions for clients across the life span;
5. demonstrate respect for the client's cultural and spiritual diversity while performing a physical assessment;
6. explain appropriate communication techniques to obtain a comprehensive health history for clients across the life span;
7. perform nursing assessment skills safely and effectively;
8. distinguish variations of physical assessment findings in the adult patient;
9. describe interprofessional communication of normal and abnormal findings;
10. identify the normal ranges of common diagnostic/laboratory tests and the implications of abnormalities;
11. explain implications related to abnormal diagnostic/laboratory test results; and
12. demonstrate documentation methods used with assessments.

### **Major Topics**

- I. Introduction to health promotion
  - a. Components of health promotion
  - b. Life span considerations

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

- c. Healthy People 2020/2030
- II. Introduction to health and physical assessment of an adult
  - a. Interview and history
  - b. General survey
  - c. Vital signs
  - d. Physical assessment techniques
  - e. Laboratory and diagnostic studies
  - f. Documentation
  - g. Focused assessment for specific concepts
  - h. Putting together a complete assessment

### **Course Requirements**

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

- 3 theory examinations
- 2 quizzes
- 1 teaching project
- vital signs skills testing
- head-to-toe assessment skills testing
- 2 lab assignments

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

### **Other Course Information**

The following are required for satisfactory completion of this course:

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

Date Revised: 9/17/2019