

**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 or NAS 161; ENG 111, PSY 230, SDV 100, MTE 1-5, CPR – American Heart Association Basic Life Support for Health Care Providers, acceptance to the AAS Nursing AAS program, and evidence of completion of Nursing AAS program required documents. Co-requisites: BIO 142 or BIO 232 or NAS 162; NSG 100, NSG 106, and NSG 130. 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 or NAS 161; ENG 111, PSY 230, SDV 100, MTE 1-5, CPR – American Heart Association Basic Life Support for Health Care Providers, acceptance to the AAS Nursing AAS program, and evidence of completion of Nursing AAS program required documents

Co-requisites: BIO 142 or BIO 232 or NAS 162; NSG 100, NSG 106, and NSG 130

Course Objectives:

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

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

Major Topics to Be Included:

1. **Communication Concept**

Communication theories

Interviewing skills

Therapeutic communication

Exemplars: health history, electronic health record and documentation

2. **Development Concept**
Developmental assessment: infant, child, adolescent, adult, geriatric client
Exemplars: developmental delay in the child, developmentally challenged adults
3. **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
4. **Assessment Techniques**
Inspection, palpation, percussion, auscultation across the lifespan
Vital signs
5. **Cognition Concept**
Assessment of mental status
5. **Tissue Integrity Concept**
Assessment of the skin
Temperature measurement
6. **Perfusion Concept**
Assessment of cardiovascular system
Blood pressure and pulse measurement
Assessment of the lymphatic system
7. **Gas Exchange Concept**
Assessment of the respiratory system
Respiration and pulse oximetry measurement
8. **Elimination Concept**
Assessment of the gastrointestinal and urinary systems
9. **Mobility Concept**
Assessment of the musculoskeletal system
10. **Intracranial Concept**
Assessment of neurological system
11. **Sensory Perception Concept**
Assessment of the head, neck, nose, mouth and throat
Assessment of the eyes and ears
12. **Reproduction Concept**
Assessment of the genitalia
Breast assessment
Assessment of the pregnant female

Effective Date of Course Content Summary: Fall 2017