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.
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