Course Overview
Fall 2013

Course Number: NURS 501 & N501 lab
Course Title: Advanced Health Assessment and Health Promotion
Course Credit/Hours: 4 units
Catalog Description: Physical and psychosocial assessment techniques, health promotion strategies for select populations.

Course Outcomes:
Upon completion of this course the student will:

1. elicit a comprehensive health history using appropriate interviewing techniques.
2. perform a complete physical examination on an adult and/or child employing techniques of inspection, palpation, percussion and auscultation.
3. discriminate between normal findings, developmental changes, normal changes of aging and pathological findings.
4. use knowledge of organ system structure and function to explain normal and pathologic findings.
5. analyze data to determine health status.
6. accurately record all pertinent data including history and physical examination findings and problems identified.
7. formulate a problem list and appropriate nursing diagnoses.
8. recognize the need for referral and/or intervention based on assessment findings.
9. perform pertinent screening measures to determine health status.
10. identify vulnerable populations and clients at risk.
11. articulate the role of the nurse in health promotion and disease prevention.
12. discuss current health promotion and disease prevention priorities and recommendations.
13. discuss health promotion and disease prevention research for scientific merit and relevance to clinical practice.
Faculty:

Course Coordinator: S. Hadley, Ph.D., APRN, GNP, ANP-BC  
E-mail: shadley@mail.sdsu.edu

San Diego Campus  
D. Burns, MSN, APRN, FNP-BC  
Contact info: TBA

Imperial Valley Campus  
S. Jaime, MS, RN  
Contact info: TBA

E. Rodriquez, MS, MS  
Contact info: TBA

Required Texts

Recommended for APN, NP-CNS Students

Websites
Nutrition information  
http://caloriecount.about.com  
http://calorieking.com

Physical Assessment  
http://meded.ucsd.edu/clinicalmed  
http://stanford25.wordpress.com

Heart Sounds  
http://depts.washington.edu/physdx/heart.html/tech

Required Equipment/supplies
Stethoscope, adult size with diaphragm and bell  
Metric ruler  
Reflex hammer (required for APN, NP-CNS students)  
Monofilament, 10 Gram (required for APN, NP-CNS students)  
Watch with second hand  
Examination gown  
Sports bra or bathing suit for women

Teaching Methods
Lecture/Demonstration/Discussion  
Audiovisuals  
Required readings  
Written papers  
Campus laboratory activities

Grading Criteria
• One course grade will be given for N501/ N501 lab  
• The final course grade will be determined by averaging points; the points will be derived from 4
exams and a final performance evaluation (as noted below).

- Additional criteria for successful course completion are also noted below.
GRADE DETERMINATION: Graduate Students

<table>
<thead>
<tr>
<th>Final Grade Points</th>
<th>Possible Points</th>
<th>Approximate Percent of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.15%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.15%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.15%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>90 questions x 1 point each = 90 total</td>
<td>34.5%</td>
</tr>
<tr>
<td>Final Performance Evaluation</td>
<td>105 points x 0.20 [weighted] = 21 total</td>
<td>8.05%</td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>261</td>
<td>100%</td>
</tr>
</tbody>
</table>

Minimal Criteria” for successful course completion:

<table>
<thead>
<tr>
<th>Course Requirements</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>Exam points of less than 174 out of 240 (73%) will result in course failure and <strong>not</strong> be pulled up by the other activities. <em>Extra credit points are not an option to bring up failing exam grades.</em></td>
</tr>
<tr>
<td>Final Performance Evaluation</td>
<td>A Final Performance Evaluation of less than 89 out of 105 points (85%) may be repeated one time to achieve the minimum passing score, however the first grade will be used in the final grade calculation.</td>
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GRADE DETERMINATION: RN TO BS STUDENTS

<table>
<thead>
<tr>
<th>Final Grade Points</th>
<th>Possible Points</th>
<th>Approximate Percent of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.14%</td>
</tr>
<tr>
<td>Exam 2</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.14%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>50 questions x 1 point each = 50 total</td>
<td>19.14%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>90 questions x 1 point each = 90 total</td>
<td>34.45%</td>
</tr>
<tr>
<td>Final Performance Evaluation</td>
<td>53 points x 0.40 [weighted] = 21.2 total</td>
<td>8.12%</td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>261.2</td>
<td>100%</td>
</tr>
</tbody>
</table>

Minimal Criteria for successful course completion: RN TO BS STUDENT

<table>
<thead>
<tr>
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<tr>
<td>Exams</td>
<td>Exam points of less than 174 out of 240 (73%) will result in course failure and <strong>not</strong> be pulled up by the other activities. <em>Extra credit points are not an option to bring up failing exam grades.</em></td>
</tr>
<tr>
<td>Final Performance Evaluation</td>
<td>A Final Performance Evaluation of less than 45 out of 53 points (85%) may be repeated one time to achieve the minimum passing score, however the first grade will be used in the final grade calculation.</td>
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</table>

Other Criteria For Successful Course Completion:

- Satisfactory completion of the Health History Paper; an unsatisfactory paper may be repeated one time in an attempt to achieve the minimum passing score (see paper for passing criteria).
- Satisfactory documentation of weekly physical exams
• Satisfactory documentation of the Final Performance Evaluation
• Satisfactory completion of the Nutrition Self Assessment Assignment

The Health History Paper should be submitted at the beginning of lab on the due date. Late papers, including those submitted after the beginning of class on the due date, will receive a 2-point deduction per day. Late papers should be submitted to the School of Nursing office and stamped with the date/time received. Papers will only be accepted Monday through Friday during regular business hours. Please plan ahead so that unanticipated problems will not interfere with the timely submission of papers.

**Grading Scale:**
Final grades will be determined using the following grading scale:

<table>
<thead>
<tr>
<th>POINTS</th>
<th>PERCENT</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>242-261</td>
<td>93-100%</td>
<td>A</td>
</tr>
<tr>
<td>234-241</td>
<td>90-92%</td>
<td>A-</td>
</tr>
<tr>
<td>226-233</td>
<td>87-89%</td>
<td>B+</td>
</tr>
<tr>
<td>216-225</td>
<td>83-86%</td>
<td>B</td>
</tr>
<tr>
<td>208-215</td>
<td>80-82%</td>
<td>B-</td>
</tr>
<tr>
<td>200-207</td>
<td>77-79%</td>
<td>C+</td>
</tr>
<tr>
<td>190-199</td>
<td>73-76%</td>
<td>C</td>
</tr>
<tr>
<td>182-189</td>
<td>70-72%</td>
<td>C-</td>
</tr>
<tr>
<td>174-181</td>
<td>67-69%</td>
<td>D+</td>
</tr>
<tr>
<td>164-173</td>
<td>63-66%</td>
<td>D</td>
</tr>
<tr>
<td>156-163</td>
<td>60-62%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt; 156</td>
<td>&lt; 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

**Preparation for the Clinical Laboratory**
Maximizing the clinical laboratory experience requires that the student be prepared for each laboratory session. The student should complete the required readings and view the on-line lectures on Blackboard prior to each lab. The physical exam text and the laboratory guides should be brought to lab each week.

The minimal expectation is that the student has read the required readings and has a beginning understanding of the skills required to perform the required physical assessments in the laboratory. Failure to consistently show adequate preparation for the laboratory will result in failure to meet course outcomes and subsequent course failure.

Some physical examination techniques require close physical contact (e.g., auscultation of heart and lungs) however, efforts to protect modesty are encouraged by the use of appropriate examination clothing (e.g., examination gowns). Synthetic breast models are available for performance of the breast exam.

**Laboratory Attendance**
Attendance is expected for all laboratory sessions except for serious or extenuating circumstances. Students should not make outside commitments that require absence from lab. Appointments and other commitments should not be scheduled during lab hours and this includes elective healthcare appointments. Employment/work commitments do NOT justify an excused absence.

Absence from lab not only affects the individual student but potentially affects the student's lab partner. An absence from lab is taken very seriously and an unexcused absence will result in a grade point reduction. More than one unexcused absence will result in course failure.
For an absence to be excused, the student must provide appropriate written documentation justifying the absence (e.g., a note from a healthcare provider, a letter from the court, a time/dated receipt showing automobile breakdown en route to lab, etc.). Failure to provide appropriate documentation will result in an unexcused absence. If you have any doubt about whether an absence will be excused or what type of documentation is needed to justify an excused absence, you should discuss this with the course coordinator prior to the absence. Oversleeping or “failure of the alarm clock to go off” does NOT justify an excused absence. There will be no exceptions to this policy.

The written documentation for the absence must be presented to the course coordinator or placed in her mailbox (HT 58) on the first day that the student returns to school. Evidence of falsifying documents will be treated as academic dishonesty and will be subject to University sanctions and may include dismissal from the University.

- An unexcused absence will result in a loss of 7 points in the calculation of the final course grade. In some cases this could drop the total points below the minimal passing score for successful course completion.
- A second unexcused absence will result in course failure.

IMPORTANT. If it becomes necessary to miss lab, a student must email the course coordinator and contact his/her lab instructor prior to the absence. If this is not possible he/she should make contact on the same day of the absence. Failure to do so may result in an unexcused absence.

Excessive absences (even if justified) may result in failure to meet course objectives. Please contact the course coordinator if you are having problems that affect your attendance in lecture or lab.

Tardiness
Arriving late to lab is disruptive and potentially affects the learning of others. Late arrival to lab will be handled in the same way as an unexcused absence (e.g., appropriate documentation). Tardiness will result in final grade point deductions as follows:

- 5-30 minutes late = 1 point penalty
- 31-59 minutes late = 2 point penalty
- 1-3 hours late = 3.5 point penalty
- More than 3 hours late = 7 point penalty

Please note. More than 10.5 penalty points from unexcused absences and/or tardiness will result in course failure.

Examination Attendance
No provision is made for examinations that are missed because of unexcused absences. An unexcused absence will result in a grade of F (0%) for the exam. In order to avoid an unexcused absence, the course coordinator should be notified prior to the absence. For an absence to be excused, the student must provide appropriate written documentation justifying the absence as noted above.

If a make-up examination is necessary, it may differ in format and content from the original exam (e.g., essay, short answer, or other test forms may be given). Please note that examinations are “timed tests”, therefore, arriving late to class on exam days will limit the amount of time available to complete the exam.

Classroom/Laboratory Etiquette
The use of electronic devices (computers, smart phones, ipads, etc.) may only be used to access course-related information. These devices may not be used to send or receive text messages/email during class
or lab time. Cell phones should be turned off or on vibrate mode and are not to be used during class or lab. You may use these devices during designated break times.

**Students With Disabilities**
Students who need disability accommodation should provide documentation of their disability to Student Disability Services at 619-594-6473 (Calpulli Center, Suite 3101), and receive authorization for academic or clinical accommodations. After accommodations have been authorized by SDS, students are responsible for notifying faculty in advance of the need for accommodation. This can best be accomplished by making an appointment to meet privately with the faculty member early in the semester, or as soon as possible in the event that a disability is diagnosed during the course of the semester.

**Confidential Information**
In the course of your professional education you will encounter personal and sensitive information about others. It is your legal and ethical responsibility to maintain the confidentiality of this information and to protect the anonymity of those involved. This includes, but is not limited to, avoiding discussions that would allow others to identify the subject of the information and removing patient names from course papers/class assignments. Failure to protect the privacy of others may have serious repercussions.

**Lost or Damaged Laboratory Supplies/Equipment**
The student is responsible for the replacement of lost or damaged laboratory supplies and equipment. Final grades will be held until laboratory items are returned or replaced.

**Other**
“This course may require students to participate in field trips, research, or studies that include course work that will be performed off-campus. Participation in such activities may result in accidents or personal injury. Students participating in off-campus activities are aware of these risks, and agree to hold harmless San Diego State University, the State of California, the Trustees of the California State University and Colleges and its officers, employees and agents against all claims, demands, suits, judgments, expenses and costs of any kind on account of their participation in the activities. Students using their own vehicles to transport other students to such activities should have current automobile insurance.”