

Bergen Community College

Department of Nursing

NUR 181 Physical Assessment – Level I

Course Description

This is a first level course which focuses on the knowledge and skills to perform a nursing health history including a psychosocial assessment and performing a basic systematic head-to-toe physical assessment of adults using selected techniques. At the end of this course, students will be able to perform a beginning level physical assessment.

Prerequisites: Admission to the nursing program

Co-requisites: NUR 182, NUR 183

Credits: 1 credit: 2 hours lecture, 1 hour lab

Course Learning Outcomes

Upon successful completion of the course, the student will:

1. Integrate principles from the physical and behavioral sciences in the development of health history and physical assessment skills.
2. Apply evidence-based findings to the assessment of adult patients.
3. Demonstrate basic knowledge of regulatory requirements related to patient assessment.
4. Integrate health promotion, maintenance, restoration, and disease prevention when educating patients.
5. Demonstrate professional values and the concept of caring in developing nurse/patient relationships.
6. Integrate the skills, knowledge, and attitudes required of the nurse when applying the nursing process to perform a patient assessment.

Modes of Instruction

1. Lecture and discussion
2. Lab practice and skills demonstration
3. Audiovisual aides
4. Self-directed learning assignments
5. ATI Tutorial
6. External links sources on Moodle
7. Focused simulation sessions

Required Text

Jarvis, Carolyn. Physical Examination & Health Assessment, Elsevier 2016, 7th edition, ISBN: 9781455728107

Required Tools/Equipment

- Watch with second hand (for counting heart and respiratory rates)

- Stethoscope
- Penlight
- BCC uniform with name tag (validation assessments and simulation sessions)

Means of Assessment

- Tests 90% (A total of 4 tests)
- Quizzes 10% (A total of 4 quizzes)
- Laboratory Mastery Skills
 - Validation of breast/lung/heart assessment (Pass/Fail)
 - Focused SimMan Assessments (Pass/Fail)

Completion of NURS 181: Physical Assessment is based on satisfactory attainment of both didactic (lecture) and laboratory criteria. Any student who fails to meet the course requirements in either classroom or laboratory along with a final grade less than 77.45 and failure to pass the laboratory mastery skills must repeat the entire course and will be unable to progress to the next level.

Course Grade

The course grade for NURS 181 will be determined in the following way:

The simple average of the 4 test grades will account for 90% of the final grade. The simple average of the 4 quiz grades will account for 10% of the final grade. Final grades will be rounded.

Activity	Percentage toward final course grade
Tests (1, 2, 3, 4)	90%
Quiz (1, 2, 3, 4)	10%
Total	100%

Letter grades will be assigned on the following scale:

A = 89.45 – 100

B+ = 85.45 – 89.44

B = 81.45 – 85.44

C+ = 77.45 – 81.44

C – 73.45 – 77.44

D – 69.45 – 73.44

F + 69.44 and below

Self-Directed Learning Assignments*

The Self-Directed Learning Assignments are intended to help the student understand and take ownership of their own learning process by utilizing the textbook and reviewing concepts discussed in the classroom. They are posted on Moodle and will not be graded.

ATI Tutorial with HealthAssess*

HealthAssess prepares nursing students to perform health assessments and builds their clinical judgment skills in a virtual learning and practice experience. Students receive invaluable practice selecting interventions and document findings through media-rich tutorials, gaming exercises, virtual demonstrations, drill questions, and more. Completion of ATI is to bolster student’s learning outcomes and will not be graded. More details to follow when students are provided access to the ATI Tutorial.

Expectations of Students for Physical Assessment

- Class attendance is Mandatory. Students must notify the instructor before class, or as soon as possible, if they will be absent to arrange for makeup activity. Attendance will be taken. Students are expected to arrive in class ON-TIME. Unexcused absence totaling more than three hours of lecture/lab during the semester may result in a grade of “F.”
- Students must come prepared to each lab by reading and mastering the assigned content that will be practiced in the lab.
- Students generally practice assessment techniques, such as listening to heart and lung sounds, on peers in weekly labs. It is recommended that students wear athletic attire under their regular clothes or scrubs to facilitate the assessment.

Laboratory Mastery Skills

Completion of the following mastery skills is mandatory, and will be graded on a Pass/Fail basis:

- Validation of Breast/Lungs/Heart Assessment
- Focused SimMan assessments

Mastery Skills will be evaluated by the lab instructor through student demonstration in the learning laboratory. A passing grade is achieved when the student can successfully demonstrate competency for that particular skill. If the student is unsuccessful, remediation may be provided at the discretion of the lab instructor, followed by re-demonstration of the skill. If the student is unable to successfully perform any one of the mastery skills during the semester, a failure will result.

Mastery Skill	Grading Criteria
Validation of Breast/Lungs/Heart Assessment	<i>Pass/Fail.</i> Student will perform an assessment of the breast, lungs, and heart on peers with instructor check-off.
Focused SimMan Assessments	<i>Pass/Fail.</i> Students must be an active participant in simulation lab activities and must correctly identify problems presented as case studies using simulation mannequins.

Testing and Testing Review Policy

- Attendance for tests is mandatory.

- If absence for a test is necessary, the student is responsible for notifying the faculty prior to the test with an acceptable reason.
- Tests will be administered in the Computer Lab.
- All hats/caps must be removed during test time. All personal items such as purses, books, backpacks, notebooks, and briefcases must be left in the front of the room during testing.
- All cell phones will be turned off and be left with other belongings in the front of the room.
- Silence will be enforced during the test time. In order to avoid distraction during the test, no one will be permitted to leave the room during testing.
- Make-up tests will only be given at the discretion of faculty and may be in a different format than the original test.
- Students will have the opportunity to review their test on the computer after the exam. Additional test reviews will be conducted at the discretion of the faculty. Test review may be scheduled with the faculty during office hours and within 10 school days from the return of the test grades.
- Any student achieving a test grade less than 75% should schedule an appointment with the faculty within 10 school days from the return of the test grades.
- Test grades will be reported on Moodle.

Course Information

- Didactic portion of the course: Syllabus, lecture powerpoints, and any other required course materials will be placed on Moodle.
- A current copy of the Nursing Student Handbook is available on the BCC Nursing website.
- There is NO ATI exam associated with this course (only ATI Skills modules).
- All nursing students are required to use their BCC assigned student email accounts for all course-related correspondence.

Learning Lab/Simulation Center Guidelines

While you are in a learning lab at the BCC in the student role, you should be respectful of the lab environment. This time is considered a clinical experience. Please adhere to the following rules:

1. All student learners will follow the skills laboratory student dress code while participating in lab experience. Dress code may be altered at the discretion by the faculty of the course based on the intent or need of the lab.
2. It is the student's responsibility to bring the required, standard equipment for the learning lab/simulation experience, including, but not limited to textbooks, lab book, syllabus, stethoscope, etc.
3. Safety for all participants must be ensured, i.e.
 - a. Keep Lab neat and orderly.
 - b. Put equipment where instructed.

- c. No equipment should be moved, touched, or disconnected unless supervised by the clinical faculty or lab coordinator.
- d. Be aware of any wires and tubes which may pose a risk for falls or patient endangerment.
- 4. Students are to speak with their peers and clinical instructor with professional communication.
- 5. No food or drink is allowed in the simulation area/skills lab except with instructor approval.
- 6. Do not sit on any bed; there are chairs and tables available.
- 7. Any supplies or equipment checked out from the lab needs to be returned to the skills lab coordinator by the required date. Failure to do will result in an incomplete in the course until the equipment is returned or may require replacement cost.
- 8. Phones are to be put away and silenced while in the learning labs. Students are not to video or audio record any learning lab/simulation experience.

Mannequin Care

- 9. Consider all mannequins (or peers acting as patients) to be true patients and treat them with respect – keep them covered and dressed. Maintain privacy between your patients (mannequins or peers) by pulling screens or pull drapes as necessary.
- 10. Do not move, reposition, or disconnect any mannequin unless instructed by the lab coordinator.
- 11. Do not apply or insert any substances, such as Betadine, KY jelly, IV catheters, and Foley catheters to any mannequin without specific direction from your instructor. There are specific mannequin lubricants and tapes available. Students are not to perform any practice task training on the high-fidelity mannequins as replacement parts are expensive; instead, please use the task trainers for practice.