



Nursing and Health Professions  
3322 College Drive, Vineland, NJ 08360  
856-691-8600

## **NU 303: Comprehensive Health Assessment**

Syllabus

Lecture Hours/Credits: 3/3

### **Catalog Description**

*Prerequisites: graduation from an accredited school of nursing. Registered Nurse license in good standing.*

This course builds upon the Registered Nurse's fundamental knowledge and skills of health assessment. In utilizing a systematic approach, the student will develop a holistic approach in assessing the patient across the lifespan. Upon completion, the student will show competency in obtaining a thorough health history and becoming efficient in the physical skills of inspection, palpation, percussion and auscultation. Differences between normal and abnormal findings will be explored and appropriate documentation of findings will be stressed. Students will also be exposed to the cultural differences in health and will incorporate evidence-based approaches to assessment.

### **Textbook and Course Materials**

It is the responsibility of the student to confirm with the bookstore and/or their instructor the textbook, handbook, and any other materials required for their specific course and section. Click here to see current textbook prices at [cccnj.bncollege.com](http://cccnj.bncollege.com).

### **Evaluation Assessment**

#### **Online Proctoring**

All courses offered at RCSJ, whether they are web-enhanced, hybrid, or fully online, may include assessments that make use of Online Proctoring. To find out more about Online Proctoring, and to learn about the minimum technical requirements, visit [rcsj.edu/elearning/online-proctoring](http://rcsj.edu/elearning/online-proctoring).

### **Grading Distribution**

Grading to be determined by individual instructors.

Individual instructors may include the following assessment(s):

- Return Demonstration
- Class Participation
- Written Assignments
- Exams

### **Grading**

The grading scale for each course and section will be determined by the instructor and distributed the first day of class.

## Rowan College of South Jersey Core Competencies

(Based on the NJCCC General Education Foundation - August 15, 2007; Revised 2011; Adopted 2014)

This comprehensive list reflects the core competencies that are essential for all RCSJ graduates; however, each program varies regarding competencies required for a specific degree. Critical thinking is embedded in all courses, while teamwork and personal skills are embedded in many courses.

1. **Written and Oral Communication:** Students will communicate effectively in both speech and writing.
2. **Quantitative Knowledge and Skills:** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems
3. **Scientific Knowledge and Reasoning:** Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.
4. **Technological Competency:** Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals
5. **Society and Human Behavior:** Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.
6. **Humanistic Perspective:** Students will analyze works in the fields of art, history, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language
7. **Historical Perspective:** Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.
8. **Global and Cultural Awareness:** Students will understand the importance of a global perspective and culturally diverse peoples.
9. **Ethical Reasoning and Action:** Students will understand ethical issues and situations.
10. **Information Literacy:** Students will address an information need by locating, evaluating, and effectively using information.

### NU 303 Core Competencies

This course focuses on three of RCSJ's Core Competencies:

- Written and Oral Communication
- Ethical Reasoning and Action
- Global and Cultural Awareness

### Student Learning Outcomes: Comprehensive Health Assessment

Successful completion of NU 303 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Perform a comprehensive holistic health assessment utilizing the skills of inspection, auscultation, palpation and percussion.	Written and Oral Communication	Return Demonstration Exams
Modify a comprehensive holistic health assessment for specific populations across the lifespan.	Written and Oral Communication	Class Participation Exams
Incorporate cultural considerations into a comprehensive holistic health assessment.	Global and Cultural Awareness	Class Participation Exams
Effectively communicate health assessment findings.	Written and Oral Communication	Return Demonstration Written Assessments
Execute professional accountability and ethical behavior throughout the health assessment process.	Ethical Reasoning and Action	Participation Written Assessments Exams

## Topical Outline

Topic	Readings, Activities & Assignments
Course Overview  Evidence-based assessment Cultural Competence Interview and health history Documentation	Components of a Comprehensive Health Assessment  Readings: Chapters 1,2,3,4 Activities: Class discussion Assignments: Self-assessment and reflective journal; choose patient and submit patient agreement form.
Mental status Substance use Domestic and family violence Pain	Psychosocial Assessment  Readings: Chapters 5, 6, 7 Activities: Online discussion board Assignment: Self-assessment and reflective journal
Healthcare wishes Symptom assessment Evaluation of comfort End of life	General Survey and Serious Illness Assessment Explore City of Hope Pain & Palliative Care Resource Center <a href="http://prc.coh.org/">http://prc.coh.org/</a> Functional Assessment  Readings: Chapters 9, 31 Activities: Class discussion and practice using EBP tools Assignment: Self-assessment of skill assessing patients with serious illness, common symptoms, and indicators of approaching death
Skin, Hair and Nails Head, Face, Neck and Eyes	Readings: Chapters 12, 13, 14 Activities: Online discussion and independent practice Assignments: Submit written assignment Health History to eLearning.
Unit Exam 1 Ear, Nose and Throat	Review content from Weeks 1-4 (12 chapters) Readings: Chapters 15, 16 Activities: Exam, class discussion and practice Assignment: Introduce Health promotion teaching plan
Thorax and Lungs Breasts and Regional Lymphatics	Readings: Chapter 17, 18 Activities: Online discussion and independent practice Assignment: Complete health promotion teaching plan specific to breathing.
Heart and Neck Vessels Peripheral Vascular system and Lymphatics	Readings: Chapters 19, 20 Activities: Class discussion and practice Assignment: Complete health promotion teaching plan specific to the cardiovascular system
Abdomen Male Genitourinary system Anus, Rectum, and Prostate Female Genitourinary system	Readings: Chapter 21, 24, 25, 26 Activities: Online discussion and independent practice Assignment: Complete health promotion teaching plan specific men's/women's health as assigned
Musculoskeletal system Neurologic system	Reading: Chapter 22, 23 Activities: Class discussion and practice Assignment: Complete health promotion teaching plan specific to musculoskeletal and neurologic systems.

Topic	Readings, Activities & Assignments
Integration: Putting it all together Technology assessment	Readings: Chapters 27, 29 Activities: Online discussion and independent practice Activity: Develop or find an assessment tool to determine your patient's ability to use technology to manage their health.
Unit Exam 2	Review content from weeks 5-10 (11 chapters) Activities: Class discussion and practice Submit written assignment Physical Exam to eLearning.
Infant, child, and adolescent assessment Assessment of the Pregnant Woman	Readings: Chapter 28, 30 Activities: Online discussion related to the Activity Assignment: Instructor will assign groups. In your assigned group, prepare a PowerPoint presentation highlighting your assigned population: Infant Child Adolescent Pregnant woman
Final Exam	Review content weeks 1-12. Activities: Wrap-up discussions and practice. Activities: Prepare for return demonstration
Return Demonstrations	Bring a patient and signed patient consent form to your scheduled time.

### **Affirmative Action Statement**

The Board of Trustees is committed to providing a work and academic environment that maintains and promotes affirmative action and equal opportunity for all employees and students without discrimination on the basis of certain enumerated and protected categories. These categories are race, creed (religion), color, national origin, nationality, ancestry, age, sex (including pregnancy and sexual harassment), marital status, domestic partnership or civil union status, affectional or sexual orientation, gender identity or expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, or mental or physical disability, including AIDS and HIV related illnesses.

For questions concerning discrimination, contact Almarie J. Jones, Special Assistant to the President, Diversity and Equity/Title IX and Compliance, 856-415-2154 or [ajones@rcsj.edu](mailto:ajones@rcsj.edu) or (Cumberland) Nathaniel Alridge, Jr., JD, Director, Diversity and Equity/Title IX and Judicial Affairs, 856-691-8600, ext. 1414 or [nalridge@rcsj.edu](mailto:nalridge@rcsj.edu). For disability issues or any barriers in the learning or physical environment related to a document condition/disability please contact: Gloucester campus – Carol Weinhardt, Director, Department of Special Services, ADA/504 Officer at 856-415-2247 or [cweinhar@rcsj.edu](mailto:cweinhar@rcsj.edu); or Cumberland Campus – Meredith Vicente, Senior Director, Department of Special Services/Project Assist at 856-200-4688 or [mvicent1@rcsj.edu](mailto:mvicent1@rcsj.edu)

### **Department of Special Services**

The Department of Special Services is committed to providing support services and ensuring equal access to eligible students with documented conditions/disabilities as outlined by the Americans with Disabilities Act (ADA) and the Americans with Disabilities Act with Amendments Act (ADAAA).

#### **(Gloucester Campus Location and Contact)**

Location: Instructional Center, room 425A.

Primary Contact: Director, Carol Weinhardt, (email) [cweinhar@rcsj.edu](mailto:cweinhar@rcsj.edu); or (phone) 856-415-2247.

#### **(Cumberland Campus Location and Contact)**

Location: Center for Academic & Student Success (CASS)

Primary Contact: Senior Director, Meredith Vicente, (email) [mvicent1@rcsj.edu](mailto:mvicent1@rcsj.edu); or (phone) 856-200-4688.

## Reporting Allegations of Sexual Assault Resource Referrals (8/2021) Cumberland Campus

There are multiple safe places for students to report allegations of sexual assault, both on and off campus.  
Reports of sexual assault can be made to any of the following offices listed in the chart below.

All students are encouraged to report alleged crimes on campus.  
Employees must report crimes that pose an immediate threat to the campus Security Office, the local Police Department or the Sheriff's Office.

Service	Resource	Phone Number/Location/Website
<b>Non-Confidential</b> Reporting  Law Enforcement	Vineland Police Dept.  Millville Police Department  Cumberland Co. Sheriff's Office  Cumberland County Emergency Services  Cumberland Campus Security 856-200-4706 (Direct)	856-691-4111  856-825-7010  856-451-4449  <b>9-1-1</b>  Andres Lopez, Director Safety and Security 856-200-4706
<b>Non-Confidential</b>  On-Campus Reporting Support Services	Almarie J. Jones Special Assistant to the President Diversity and Equity, Title IX and Compliance  Nathaniel Alridge, Jr., JD, Director Diversity and Equity, Title IX and Judicial Affairs  Kellie W. Slade Executive Director Student Services, Student Life	856-415-2154 Gloucester Campus College Center, Room116 <a href="mailto:ajones@rcsj.edu">ajones@rcsj.edu</a>  856-498-9948 Catherine J. Arpino Education and Humanities Center, <a href="mailto:nalridge@rcsj.edu">nalridge@rcsj.edu</a>  856-200-4615 Student & Enrollment Services Center <a href="mailto:kslade@rcsj.edu">kslade@rcsj.edu</a>
<b>Confidential</b> On-Campus Counseling and Support Services	Student Counseling and Wellness Center John Wojtowicz, LCSW	Academic Building – 1 <sup>st</sup> floor 856-200-4760 <a href="mailto:jwojtowi@rcsj.edu">jwojtowi@rcsj.edu</a>
<b>Confidential</b> Off-Campus Full-Service Support	Center for Family Services – Services Empowering Rights of Victims (SERV)	24/7 Hotlines Cumberland Co. – 1-800-225-0196 <a href="http://www.centerffs.org/serv">www.centerffs.org/serv</a>
<b>Hospital</b> Sexual Assault Nurse Examiner on Site	Inspira Medical Center Vineland	1505 W. Sherman Ave., Vineland, NJ 856-641-8000