

## Course Plan of (Health Assessment)

### II. Course Description:

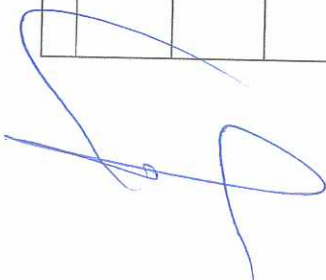
This course is designed to provide students the opportunity to learn and practice history taking and physical examination skills with individuals of all ages, with emphasis on the adult. The focus is on symptom analysis along with physical, psychosocial, and growth and development assessments. Students will be able to utilize critical thinking skills in identifying health alterations, formulating diagnoses and documenting findings appropriately.

### IV. Course Content:

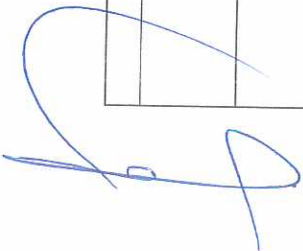
#### A – Theoretical Aspect:

| Cont<br>act<br>hour<br>s | Num<br>ber<br>of<br>Wee<br>ks | Sub Topics List   | Units/Topics List    | O<br>r<br>d<br>e<br>r |
|--------------------------|-------------------------------|---|----------------------|-----------------------|
| 2                        | 1                             | <ul style="list-style-type: none"> <li>▪ Definition of growth and development key terms.</li> <li>▪ Common developmental theories.</li> <li>▪ Normal growth development and characteristics throughout the lifespan                             <ul style="list-style-type: none"> <li>✓ Pediatric</li> <li>✓ Adult</li> <li>✓ Geriatric</li> </ul> </li> </ul> | Growth & development | 1                     |
| 2                        | 1                             | <ul style="list-style-type: none"> <li>▪ Obtaining a health history</li> </ul>  | Health history       | 2                     |

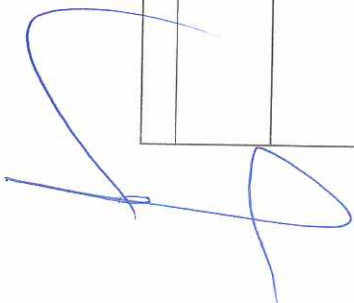
|   |   |  |                |   |
|---|---|--|----------------|---|
|   |   | <ul style="list-style-type: none"> <li>✓ Interview techniques</li> <li>✓ Comprehensive health history                             <ul style="list-style-type: none"> <li>○ Biographic data</li> <li>○ Chief complaint</li> <li>○ History of present illness</li> <li>○ Past medical history</li> <li>○ Alternative therapies</li> <li>○ Cultural influences</li> </ul> </li> <li>▪ Normal findings</li> <li>▪ Document &amp; report assessment</li> </ul>  |                |   |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ Conducting a general survey                             <ul style="list-style-type: none"> <li>✓ Components                                     <ul style="list-style-type: none"> <li>○ General appearance</li> <li>○ Gait</li> <li>○ Posture</li> <li>○ Vital signs</li> <li>○ Speech</li> <li>○ Signs of distress</li> <li>○ Body type</li> <li>○ Hygiene</li> <li>○ Height/weight/body mass index</li> <li>○ Ethnicity</li> <li>○ Mental status and level of consciousness</li> </ul> </li> </ul> </li> </ul> | General survey | 3 |



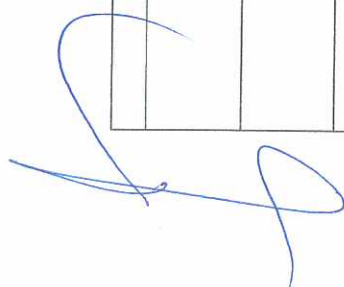
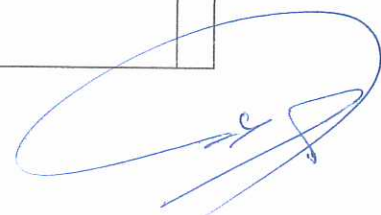

|   |   |   |  |   |  |
|---|---|---|--|---|--|
|   |   |   | <ul style="list-style-type: none"> <li>✓ Procedure for general survey</li> <li>✓ Mini Mental Status Exam</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report assessment of general survey</li> <li>▪ Techniques                             <ul style="list-style-type: none"> <li>✓ Inspection</li> <li>✓ Palpation</li> <li>✓ Percussion</li> <li>✓ Auscultation</li> </ul> </li> </ul> |   |  |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ HEENT assessment                             <ul style="list-style-type: none"> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of HEENT</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing an HEENT physical assessment</li> <li>✓ Normal assessment findings</li> </ul> </li> <li>▪ Document &amp; report assessment</li> </ul> | Physical assessment of HEENT   | 4 |  |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ Integumentary system physical assessment                             <ul style="list-style-type: none"> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the integumentary system</li> <li>✓ Equipment</li> </ul> </li> </ul>  | Integumentary system   | 5 |  |



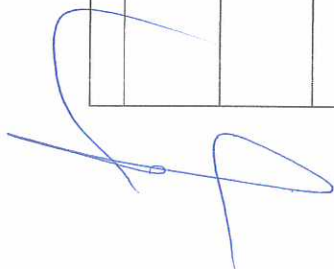

|  |   |   |  |                              |   |
|--|---|---|--|------------------------------|---|
|  |   |   | <ul style="list-style-type: none"> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing an integumentary system assessment</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report assessment of integumentary system</li> </ul>   |                              |   |
|  | 2 | 1 | <ul style="list-style-type: none"> <li>▪ Respiratory system physical assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the respiratory system</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing a respiratory system assessment</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report respiratory system assessment</li> </ul> | Respiratory system           | 6 |
|  | 2 | 1 | Midterm exam   | Midterm exam                 | 7 |
|  | 2 | 1 | <ul style="list-style-type: none"> <li>▪ Circulatory/lymphatic system physical assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the circulatory/lymphatic system</li> <li>✓ Equipment</li> </ul>   | Circulatory/lymphatic system | 8 |



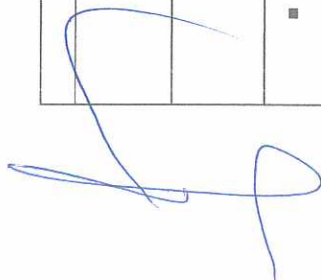

|   |   |   |                  |    |
|---|---|---|------------------|----|
|   |   | <ul style="list-style-type: none"> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing a circulatory/lymphatic system assessment</li> <li>✓ Normal and abnormal assessment findings</li> <li>▪ Documenting and reporting circulatory/lymphatic system assessment</li> </ul>   |                  |    |
| 4 | 2 | <ul style="list-style-type: none"> <li>▪ Breast and axillae physical assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the breast and axillae</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Teaching and performing a breast and axillae self-examination</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report breast and axillae assessment</li> </ul> | Breast & axillae | 9  |
| 4 | 2 | <ul style="list-style-type: none"> <li>▪ Abdomen physical assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the abdomen</li> <li>✓ Equipment</li> </ul>  | Abdomen          | 10 |

|   |   |   |                     |        |
|---|---|---|---------------------|--------|
|   |   | <ul style="list-style-type: none"> <li>✓ Positioning</li> <li>✓ Techniques <ul style="list-style-type: none"> <li>○ Inspection</li> <li>○ Auscultation</li> <li>○ Percussion</li> <li>○ Palpation</li> </ul> </li> <li>✓ Performing an abdominal assessment <ul style="list-style-type: none"> <li>○ Gastrointestinal</li> <li>○ Urinary</li> </ul> </li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report abdominal assessment</li> </ul>   |                     |        |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ Reproductive system assessment <ul style="list-style-type: none"> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the male and female reproductive systems</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing a male and female reproductive systems assessment</li> <li>✓ Teaching and performing a testicular self-examination</li> <li>✓ Examination of the rectum, perineum, and prostate</li> </ul> </li> </ul> | Reproductive system | 1<br>1 |




|   |   |   |   |        |  |
|---|---|---|---|--------|--|
|   |   |   | <ul style="list-style-type: none"> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report male and female reproductive systems assessment</li> </ul> |        |  |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ Musculoskeletal system assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the musculoskeletal system</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing a musculoskeletal system assessment</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report musculoskeletal system assessment</li> </ul> | Musculoskeletal system  | 1<br>2 |  |
| 2 | 1 | <ul style="list-style-type: none"> <li>▪ Neurological system assessment</li> <li>✓ Terminology</li> <li>✓ Anatomy and physiology of the neurological system</li> <li>✓ Equipment</li> <li>✓ Positioning</li> <li>✓ Techniques</li> <li>✓ Performing a neurological system assessment</li> <li>✓ Normal assessment findings</li> <li>▪ Document &amp; report neurological system assessment</li> </ul>             | Neurological system   | 1<br>3 |  |




|    |    |   |            |        |
|----|----|---|------------|--------|
| 2  | 1  | Final exam                              | Final exam | 1<br>4 |
| 32 | 16 | Number of Weeks /and Units Per Semester |            |        |

| B – Practical Aspect: |               |                 |   |       |
|-----------------------|---------------|-----------------|---|-------|
| Learning Outcomes     | Contact hours | Number of Weeks | Task/ Experiments                       | Order |
| C1                    | 2             | 1               | Health history                          | 1     |
| C2                    | 2             | 1               | General survey                          | 2     |
| C4                    | 2             | 1               | Physical assessment of HEENT            | 3     |
| C2,b1 , C1            | 2             | 1               | Integumentary system                    | 4     |
| C1, C2, b2            | 2             | 1               | Respiratory system                      | 5     |
| C2, d1, C1            | 2             | 1               | Circulatory/ lymphatic system           | 6     |
| A1.d1                 | 2             | 1               | Breast & axillae                        | 7     |
| C1.c2                 | 4             | 2               | Abdomen                                 | 8     |
| B1.b2                 | 2             | 1               | Reproductive system                     | 9     |
| A2.c2                 | 2             | 1               | Musculoskeletal system                  | 10    |
| C1.a1                 | 2             | 1               | Neurological system                     | 11    |
|                       | 2             | 1               | Final exam                              | 12    |
|                       | 26            | 13              | Number of Weeks /and Units Per Semester |       |

