



**University of Thi-Qar  
College of Nursing  
Undergraduate Program  
Health Assessment**

- 1. Course Title:** Health Assessment
- 2. Course Number :** (201)
- 3. Credit Hours:** Total: (4) Credits  
Theory (1) Credits  
Lab. (2) Credits  
Clinical (3) Credits
- 4. Course Calendar:** Total (7) hours weekly of (15) weeks  
Theory (2) hrs.  
Lab. (2) hrs.  
Clinical (3) hrs
- 5. Placement:** Second year/ Second Semester
- 6. Course Description:**

This course provides nursing students with the basic principles, knowledge and skills required for assessment of adult individual's health status during health and illness . Students are directed to use an effective communication skill to collect data about health history required for the performance of physical examinations based on the functional health patterns that affect the individual's health status. Knowledge from medical sciences and critical thinking are used to determine any health alterations of the individual.

**7. Course Objectives:**

At the end of this course the students will be able to:

- 1- Describe the components of the health history
- 2- Apply interviewing skills and techniques to conduct a successful interview.
- 3- Evaluate the persons' general health status .
- 4-Utilize various tools and techniques to measure and collect information (interview, observing, listening, physical examination, reviewing records and results of diagnostic test.
- 5- Explain the sequence of systematic approach of physical examination of body system.
- 6- Demonstrate the basic techniques of physical examination.
- 7- Describe the physical examination techniques of inspection, palpation, percussion, and auscultation
- 8- Identify common instruments used during physical examination

## **8. Course outline:**

### **Theoretical Contents**

#### **Part I: Introduction and Overview to Health Assessment:**

- 1.1. (subjective and objective ) Collecting data.
- 1.2. Assessment, interview and health history.
- 1.3. Functional health patterns.(Katz Index of Independence) Gordon's.
- 1.4. Role of the Nurse :-
- 1.5. Self- Preparation-
- 1.6. Patient preparation-
- 1.7. Equipment preparation-
- 1.8. Environment preparation-
- 1.9. Physical Examination Techniques:
  - 1.9.1. Inspection.
  - 1.9.2. Palpation.
  - 1.9.3. Percussion.
  - 1.9.4. Auscultation.
- 1.10. General appearance
  - 1.10.1. Personal hygiene
  - 1.10.2. Grooming
  - 1.10.3. Dressing
  - 1.10.4. Posture and gesture
  - 1.10.5. Speech pattern
  - 1.10.6. Orientation

#### **Part II: Midterm Examination**

#### **Part III: Integumentary System (skin, hair, nails)**

#### **Part IV: Head and neck**

#### **Part V: Respiratory assessment**

#### **Part VI: Cardiovascular System**

#### **Part VII: Peripheral Assessment**

#### **Part VIII: Abdominal Assessment**

#### **Part IX: Neurological System**

#### **Part X: Musculoskeletal System**

## **Part XI: Reproductive System**

## **Part XII: laboratory Test**

## **Part XIII: Midterm Examination**

# **Practical Course Content**

### **Course outline:**

#### **Part I: 1.1- Orientation to course**

1.2- Communication skills

#### **Part II: Introduction to Health Assessment**

2.1. Health History:

2.2. Data collection (subjective & objective)

2.3. Positioning

2.4. Fundamentals Physical Assessment Techniques-

2.5. Nurses role

2.5.1. Patient preparation

2.5.2. Equipment preparation with regard to the infection control measures

2.6. Environment preparation

#### **Part III: Integumentary System Assessment**

3.1. Skin assessment

3.2. Hair & nail assessment

#### **Part IV: Head & Neck Assessment**

4.1. Eyes

4.2. Ears

4.3. Nose & sinuses

4.4. Mouth

4.5. Thyroid glands

#### **Part V: Lymph nodes, blood vessels, muscles & cervical vertebra of the head & neck**

5.1. Midterm Examination (Written)

5.2. Midterm Examination ( Practicum)

**Part VI: Thoracic & lung assessment**

**Part VII: Cardiovascular assessment**

**Part VIII: Peripheral vascular assessment**

**Part IX: Abdominal assessment**

**Part X: Musculoskeletal assessment**

**Part XI: Neurologic assessment**

**Part XII: Reproductive system assessment**

**Part XIII: Female**

**Part XIV: Male**

**Part XV: Laboratory test**

**Part XVI Midterm written Examination**

**Part XVII Midterm Practical Examination**