

## Course Specification Student Version

Course Title:	Health Assessment
Course Code:	NURS 210
Department:	Nursing Sciences
Program:	Bachelor of General Nursing (BGN)
College:	Vision College in Riyadh
Institution:	Vision College in Riyadh
Revised:	July 2025

## A. Course Identification

1. Credit hours: 4(2+2+0)
2. Level/year at which this course is offered: ( 4th level\ 2nd Year)
3. Pre-requisites for this course (if any): NURS 201 : Fundamental of Nursing
4. Co-requisites for this course (if any): None

## B. Teaching Methods

1	Lecture
2	Tutorial
3	Laboratories

## C. Course Description and Objectives

### 1. Course Description

The course provides students with knowledge and skills necessary to assess individual health status during health and illness. Students are directed to use effective communication skills to collect data about health history and appropriate psychomotor skills to conduct comprehensive physical examinations. The students will have the opportunity to use interviews, observation, percussion, palpation, inspection, and auscultation in assessing clients across the life span in simulated and actual environments. Emphasis is placed on maintaining confidentiality and ethical principles in interacting with clients.

### 2. Course Main Objective.

To equip nursing students with the knowledge and skills necessary to perform comprehensive and focused health assessments enabling them to collect accurate patient data to inform clinical decision making and nursing care.

### 3. Course Objectives

**By the end of this course, students should be able to:**

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

- Demonstrate systematic approaches to obtaining a health assessment.
- Differentiate normal findings for the client's age, developmental stage, and cultural background and those unusual or abnormal findings, which need further evaluation.
- Communicate health assessments effectively in both oral and written form.
- Perform a complete, thorough, and systemic physical examination on both adult and pediatric clients in various health settings.
- Record and interpret the findings of the health assessment accurately and completely.
- Complete a physical assessment of each body system in a systematic manner.
- Identify normal and abnormal assessment findings across the life span.
- Demonstrate techniques used during an examination.
- Demonstrate proper use of the stethoscope in assessing pediatric and adult lung sounds.

- Demonstrate proper technique in performing a complete head to toe assessment on the adult and child

#### D. Course Content

No	List of Topics
1.	Introduction to Health Assessment Practice Communication skills for health assessment Guidelines for conducting the Physical Assessment Preparing the setting and Consent.
2.	Physical Assessment Demonstrate Basic assessment skills. Inspection, Palpation, Percussion, Auscultation, and Interpretation.
3.	Demonstrate Assessment of vital signs, pain, and symptom assessment.
4.	Demonstrate Assessment of the Abdomen.
5.	Demonstrate Assessment of the Integumentary System.
6.	Demonstrate Assessment of the Head and Neck. Demonstrate Assessment of the Breast and Axillae.
7.	Demonstrate Assessment of the Respiratory System.
8.	Demonstrate Assessment of the Cardiovascular & Peripheral Vascular System.
9.	Demonstrate Assessment of the Urinary System. Demonstrate Assessment of the Reproductive System.
10.	Demonstrate Assessment of musculoskeletal system.
11.	Assessment of the neurological system.
12.	Demonstrate Comprehensive health assessment

#### E. Students Assessment Activities

#	Assessment task	Percentage of Total Assessment Score
1.	Quizzes	10%
2.	Seminar Evaluation	10%
3.	Assignments	10%
4.	OSPE	20%
5.	Midterm Written Exam	20%
7.	Final Written Exam	30%
	<b>Total</b>	<b>100%</b>

#### F. Learning Resources

<b>Essential References</b>	Bickley L. & Szilagyi P. Bates' Guide to Physical Examination and History Taking (12 Edition). Philadelphia: Lippincott. Health assessment text: (2016). ISBN-13: 978-1469893419 Jarvis, C. Physical examination and health assessment (8 Edition). Philadelphia: Saunders. (2020). ISBN: 9781455728107 Jarvis, C.
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	7 Pocket companion to physical examination and health assessment (8 Edition). Philadelphia: Saunders Ehrlich, (2019) ISBN-13: 9780323550581 Seidel HM, Ball JW, Dains JE & Benedict GW. Mosby's Guide to Physical Examination 6 Edition). St. Louis, MO: Mosby 9 Edition (2019) Lynn S Bickley MD, Bates' Pocket Guide to Physical Examination and History Taking (8 Edition, 2016
<b>Supportive References</b>	Audrey J. Berman, Shirlee Snyder, Barbara J. Kozier, Glenora Erb "Clinical Handbook for Kozier & Erb's Fundamentals of Nursing" Prentice Hall; 9 Edition (June 2011) ISBN-13: 978-0131889330 Fundamentals of Nursing 8 Edition by Carol Taylor PhD MSN RN , Carol Lillis MSN RN , Pamela Lynn MSN RN. Publisher: LWW; 8 Edition (October 22, 2014) ISBN-10: 1451185618 Taylor's Clinical Nursing Skills: A Nursing Process Approach Fourth Edition, Author: Pamela Lynn MSN RN Publisher: LWW; 4 Edition. (October 3, 2014)
<b>Electronic Materials</b>	<a href="http://guides.library.uncc.edu/NURS_3102">http://guides.library.uncc.edu/NURS_3102</a> <a href="http://www.lww.com">www.lww.com</a> <a href="http://www.delmarelearning.com">www.delmarelearning.com</a> <a href="http://www.pubmed.com">www.pubmed.com</a>
<b>Other Learning Materials</b>	NONE