

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> View a physical examination. Identify examples of evidence-based assessment Describe how culture affects a client’s health beliefs and health habits. Describe application and critical thinking related to evidence-based assessment and cultural beliefs/findings. 	<p>4 hrs.</p> <p>Lab –3</p> <p>TOL -1</p>	<p>UNIT I, II, III</p> <p>UNIT I:</p> <p>A. Introduction to physical assessment</p> <p>B. Evidence –based assessment</p> <p>C. Cultural influences and values</p> <p>D. Mini Head to Toe Exam</p> <ol style="list-style-type: none"> Overview Subjective data Objective data Application and critical thinking 	<p>Active Learning</p>	<p><i>ATI Assignments</i></p> <p><i>Required:</i></p> <p>Jarvis</p> <p>Chapter 1</p> <p>Chapter 2</p> <p>Chapter 3</p> <p>Demonstration</p> <p>Head to Toe Assessment</p> <p>Heritage Assessment</p> <p>Quiz - Introduction</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Identify components of a health history. Describe the steps in obtaining an accurate health history. Complete a mini mental exam. Gather appropriate information for a complete health history. Document a health history. 		<p>Unit II: Health History</p> <p>A. Biographical data</p> <p>B. Health and illness patterns</p> <p>C. Mini Mental Exam</p> <p>D. Health promotion and protection patterns</p> <p>E. Rule and relationship patterns</p> <p>F. Summary of health history</p>	<p>Active Learning</p>	<p><i>Required:</i></p> <p>Jarvis</p> <p>Chapter 4</p> <p>Chapter 5</p> <p>Chapter 6</p> <p>Chapter 7</p> <p>Practice with partner</p> <p>Demonstrate</p> <p>Quiz – Health History & Interview</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Discuss the purpose and components of the physical assessment. Describe the equipment required in the physical assessment. Demonstrate the techniques of physical assessment. Describe how to perform a general survey. Describe how to perform a mini head to toe exam. Document findings. 		<p>UNIT III: Exam Techniques and Equipment</p> <p>A. Assessment Equipment</p> <p>B. Assessment Techniques</p> <ol style="list-style-type: none"> Inspection Palpation Percussion Auscultation <p>C. Approach to the patient</p> <p>D. General Survey</p> <ol style="list-style-type: none"> Appears stated age Level of consciousness Skin color Nutritional status 	<p>Active Learning</p>	<p><i>Bafa-Bafa</i></p> <p><i>Required:</i></p> <p>Jarvis</p> <p>Chapter 8</p> <p>Chapter 9</p> <p>Practice with partner</p> <p>Demonstrate</p> <p>Quiz – Assessment Techniques & General Survey</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Describe correct techniques for measurement of temperature, pulse, respiration and BP. 2. Identify characteristics of peripheral pulses. 3. Demonstrate accurate assessment of oral temperature, apical, radial pulses, respiration and BP. 4. Identify four factors that affect blood pressure. 5. Describe the body's physiologic response to pain. 6. Demonstrate a pain assessment. 7. Demonstrate accurate documentation of TPR, BP and pain. 8. Describe application and critical thinking related to vital signs. 	<p>3</p> <p>Lab - 2 TOL -1</p>	<ol style="list-style-type: none"> 5. Posture and position 6. Obvious physical deformities 7. Mobility 8. Facial expression 9. Mood and affect 10. Speech 11. Hearing 12. Personal hygiene <p>E. Measurements, vital signs</p> <ol style="list-style-type: none"> 1. Measurement 2. Vital signs 3. Pain 4. Application and critical thinking 	<p>Active Learning</p>	<p>Required: Jarvis Chapter 10 Chapter 11</p> <p>REQUIRED ATI: Vital Signs Pain Management</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Vital Signs</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Complete a Mini Nutritional Assessment – MNA. 2. Complete an assessment of the client’s skin by inspection and palpation. 3. Describe the characteristics of common skin lesions. 4. Differentiate between normal and abnormal skin conditions. 5. Describe application and critical thinking related to findings from the examination of the integument. 6. Document findings. 	<p>2</p> <p>Lab – 1 TOL - 1</p>	<p>UNIT IV. Nursing Physical Exam</p> <p>A. Integument (skin, hair and nails)</p> <ol style="list-style-type: none"> 1. Nutrition <ol style="list-style-type: none"> a. Nutrition History b. Mini Nutritional Assessment - MNA 2. Inspect the skin <ol style="list-style-type: none"> a. Color b. General pigmentation c. areas of hypopigmentation or hyperpigmentation d. abnormal color changes 3. Palpate the skin <ol style="list-style-type: none"> a. Temperature b. Moisture c. texture d. thickness e. Edema f. Mobility and turgor g. Hygiene h. Vascularity or bruising 4. Note any lesions <ol style="list-style-type: none"> a. Color b. Shape and configuration c. Size d. Location and distribution on body 5. Inspect and palpate the hair <ol style="list-style-type: none"> a. Texture b. Distribution c. Any scalp lesions 6. Inspect and palpate the nails <ol style="list-style-type: none"> a. Shape and contour b. Consistency c. Color 	<p>Active Learning</p>	<p>Required:</p> <p>Jarvis Chapter 12 Chapter 13</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz - Integument</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Demonstrate how to inspect, palpate and auscultate structures of the head, face and neck. 2. Describe normal findings of assessment. 3. Describe common abnormalities found in assessment. 4. Describe application and critical thinking related to findings from the examination of the head, face, neck and regional lymphatics. 5. Document findings. 	<p style="text-align: center;">2</p> <p>Lab – 1 TOL - 1</p>	<p>B. Head, Face, Neck and regional lymphatics</p> <ol style="list-style-type: none"> 1. Inspect and palpate the skull <ol style="list-style-type: none"> a. General size and contour b. Note any deformities, bumps, tenderness c. Palpate temporomandibular joint 2. Inspect the face <ol style="list-style-type: none"> a. Facial expression b. Symmetry of movement (cranial nerve VII) c. Any involuntary movements, edema, lesions 3. Inspect and palpate the neck <ol style="list-style-type: none"> a. Active ROM b. Enlargement of salivary glands, lymph nodes c. Position of the trachea 	<p>Active Learning</p>	<p>Required: Jarvis Chapter 14</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Head, Face, Neck & Regional Lymphatics</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Demonstrate how to inspect and palpate structures of the eye. 2. Describe normal findings of assessment. 3. Describe common abnormalities found in assessment. 4. Describe application and critical thinking related to findings from the examination of the eyes. 5. Document findings. 	<p style="text-align: center;">T-1</p> <p>3hrs Lab – 2 TOL- 1</p>	<p style="text-align: center;">Exam #1 Unit I-IVB</p> <p>Units C, D, & E</p> <p>C. Eyes</p> <ol style="list-style-type: none"> 1. Test visual acuity <ol style="list-style-type: none"> a. Snellen eye chart b. Near vision 2. Inspect extraocular function <ol style="list-style-type: none"> a. Cover test 3. Inspect external eye structures <ol style="list-style-type: none"> a. General b. Eyebrows c. Eyelids and eyelashes d. Eyeball alignment e. Conjunctiva and sclera f. Lacrimal apparatus 	<p>Active Learning</p>	<p>Required: Jarvis Chapter 15</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz - Eyes</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Demonstrate how to inspect and palpate structures of the ear. 2. Describe normal findings of assessment. 3. Describe common abnormalities found in assessment. 4. Describe application and critical thinking related to findings from the ear exam. 5. Document findings. 		<ol style="list-style-type: none"> 4. Inspect anterior eyeball structures <ol style="list-style-type: none"> a. Cornea and lens b. Iris and pupil c. Size, shape and equality d. Pupillary light reflex e. Accommodation 5. Use of ophthalmoscope (What can visualize) <ol style="list-style-type: none"> a. Optic disc b. Retinal vessels c. General background d. Macula <p>D. Ears</p> <ol style="list-style-type: none"> 1. Inspect external ear <ol style="list-style-type: none"> a. Size and shape of auricle b. Position and alignment c. Skin condition d. Auricle and Tragus e. External auditory meatus 2. Otoscopic examination <ol style="list-style-type: none"> a. External canal b. Cerumen, discharge, foreign bodies, lesions c. Redness or swelling of canal wall 3. Inspect tympanic membrane <ol style="list-style-type: none"> a. Color and characteristics b. Note position (flat, bulging, retracted) c. Integrity of membrane 4. Test hearing acuity <ol style="list-style-type: none"> a. Note behavioral response to conversational speech b. Voice test c. Tuning fork tests – Weber and Rinne 	<p>Active Learning</p>	<p>Required: Jarvis Chapter 16</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz - Ears</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Demonstrate how to inspect and palpate structures of the nose, mouth and throat. 2. Describe normal findings of assessment. 3. Describe common abnormalities found in assessment. 4. Describe application and critical thinking related to findings from examination of the nose, mouth, and throat. 5. Document findings. 		<p>E. Nose, Mouth and Throat</p> <ol style="list-style-type: none"> 1. Inspect external nose for symmetry, Deformity or lesions 2. Palpate – test patency of each nostril 3. Inspect <ol style="list-style-type: none"> a. Color and integrity of nasal mucosa b. Septum – deviation, perforation c. Turbinates – color, exudates, swelling, polyps 4. Palpate sinuses - tenderness 5. Inspect mouth and throat <ol style="list-style-type: none"> a. Lips, teeth, gums, tongue, buccal mucosa b. Palate and uvula c. Pharyngeal wall 	Active Learning	<p>Required: Jarvis Chapter 17</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Nose, Mouth, & Throat</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Describe and locate structures of the breast and location of axillary nodes. 2. Identify developmental changes that are important to breast assessment. 3. Differentiate between normal and abnormal findings. 4. Describe application and critical thinking related to findings from examination of the breasts and regional lymphatics. 5. Document findings. 	2 Lab – 1 TOL -1	<p>F. Breasts and Regional Lymphatics</p> <ol style="list-style-type: none"> 1. Inspect breasts 2. Inspect supraclavicular and infraclavicular areas 3. Palpate – axillae and regional lymph nodes 4. Palpate breast tissue (tail of Spence, nipples, areolae) 5. Teach breast self-exam 	Active Learning	<p>Required: Jarvis - Chapter 18</p> <p>Review Anatomy and Physiology</p> <p>Practice with models</p> <p>Quiz – Breasts & Regional Lymphatics</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Identify locations of auscultation of breath sounds 2. Demonstrate how to inspect, palpate, percuss and auscultate the respiratory system structures. 3. Describe normal assessment findings. 4. Describe common abnormal assessment findings. 5. Describe application and critical thinking related to findings from examination of the thorax and lungs. 6. Document findings. 	4	<p>G. Thorax and Lungs</p> <ol style="list-style-type: none"> 1. Inspect <ol style="list-style-type: none"> a. Thoracic cage b. Respirations c. Skin color and condition d. Person’s position e. Facial expression f. Level of consciousness 2. Palpate <ol style="list-style-type: none"> a. Confirm symmetric expansion b. detect any lumps, masses, tenderness 3. Auscultate <ol style="list-style-type: none"> a. Assess normal breath sounds b. Note any abnormal breath sounds 	Active Learning	<p>Required: Jarvis - Chapter 19</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Thorax & Lungs</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> 1. Describe the structure and function of the heart. 2. Describe the significance of selected risk factors on cardiac disease. 3. Gather appropriate health history information. 4. Identify locations for auscultation of heart sounds. 5. Demonstrate how to inspect, palpate and auscultate the cardiovascular system structures. 6. Differentiate between normal and abnormal findings. 7. Describe application and critical thinking related to findings from examination of the heart and neck vessels. 8. Document findings. 	4	<p>H. Heart and Neck Vessels</p> <ol style="list-style-type: none"> 1. Observe and palpate neck – carotid Pulse 2. Observe jugular venous pulse 3. Inspect and palpate precordium <ol style="list-style-type: none"> a. Describe location of apical impulse 4. Auscultate <ol style="list-style-type: none"> a. Identify anatomic areas to listen b. Note rate and rhythm of c. Identify S1 and S2 and 	Active Learning	<p>Required: Jarvis Chapter 20</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Heart & Neck Vessels</p>

note

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> List risk factors for venous stasis. Describe function of lymph nodes. Cite location of groups of lymph nodes that are accessible to examination. Describe application and critical thinking related to findings from examination of the peripheral vascular and lymphatics. Document findings 	<p>T-1</p> <p>2hrs Lab – 1 TOL -1</p>	<p>any variation</p> <p>d. Listen is systole and diastole for any extra heart sounds</p> <p>e. Listen in systole and diastole for any murmurs</p> <p>f. Repeat sequence with bell</p> <p>g. Listen at the apex with person in left lateral position</p> <p>h. Listen at the base with person in sitting position</p> <p>Exam # 2 Unit IVC-H</p> <p>I. Peripheral Vascular and Lymphatics</p> <p>1. Inspect arms for color, size and Lesions</p> <p>2. Palpate pulses – radial, brachial</p> <p>3. Check epitrochlear node</p> <p>4. Inspect legs – color, size, Lesions</p> <p>5. Palpate temperature of feet and</p> <p>6. Palpate inguinal nodes</p> <p>7. Palpate pulses – femoral, popliteal, posterior tibial, dorsalis pedis</p>	<p>Active Learning</p>	<p>Required: Jarvis - Chapter 21</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz – Peripheral Vascular & Lymphatics</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Demonstrate how to perform an abdominal assessment. Differentiate between normal and abnormal findings. Describe application and critical thinking related to findings from examination of the abdomen. Document findings. 	<p>2</p> <p>Lab – 1 TOL -1</p>	<p>J. Abdomen</p> <p>1. Inspect</p> <p>a. Contour</p> <p>b. Symmetry</p> <p>c. Umbilicus</p>	<p>Active Learning</p>	<p>Required: Jarvis Chapter 22</p> <p>Review Anatomy and Physiology</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Demonstrate how to inspect and palpate musculoskeletal structures. Demonstrate how to assess muscle strength and range of motion. Describe application and critical thinking related to findings from examination of the musculoskeletal system. Document findings. 	<p>2</p> <p>Lab – 1 TOL -1</p>	<p>d. Skin e. Pulsation or movement f. Hair distribution</p> <ol style="list-style-type: none"> Auscultate <ol style="list-style-type: none"> Note bowel sounds Note any vascular sounds Palpate – lightly in all four quadrants <p>K. Musculoskeletal (for each joint to be examined)</p> <ol style="list-style-type: none"> Inspect <ol style="list-style-type: none"> Size and contour of joint Skin color and characteristics Palpate of joint area <ol style="list-style-type: none"> Skin Muscles Bony articulations ROM <ol style="list-style-type: none"> Active Passive (if limitation in active ROM is present) Muscle testing 	<p>Active Learning</p>	<p>Practice with partner Demonstrate</p> <p>Quiz - Abdomen</p> <p>Required: Jarvis Chapter 23</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz - Musculoskeletal</p>
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Identify the function of each of the 12 cranial nerves and describe one assessment technique for each. Formulate interviewing questions that provide information about the client’s nervous system. Explain the differences between a neurologic screening, a complete neuro assessment and a neuro check. Demonstrate how to complete a neurologic exam. Differentiate between normal and abnormal findings. Describe application and critical thinking related to findings from examination of the neurologic system. Document findings. 	<p>5</p> <p>Lab – 4 TOL -1</p>	<p>L. Neurologic Examination</p> <ol style="list-style-type: none"> Mental Status Assessment <ol style="list-style-type: none"> Appearance Behavior Cognitive functions Thought processes Mini-Mental State Examination Cranial nerves II through XII Motor system <ol style="list-style-type: none"> Muscle size, strength, tone Gait and balance Rapid alternating movements Sensory function – superficial pain and light touch Reflexes 	<p>Active Learning</p>	<p>Required: Jarvis Chapter 24 Chapter 5</p> <p>Review Anatomy and Physiology</p> <p>Practice with partner Demonstrate</p> <p>Quiz - Neurologic</p>

CAPITAL HEALTH SCHOOL OF NURSING
NSG 137 – Fall 2024 - CONTENT OUTLINE

Subject to Revision 2/7/2024

CONTENT OBJECTIVES	HRS	CONTENT	DELIVERY FORMATS	STUDENT ACTIVITIES
<p><i>The student will:</i></p> <ol style="list-style-type: none"> Describe a physical assessment of the male genitourinary system. Describe abnormal assessment findings. Describe application and critical thinking related to findings from examination of the male genitalis. Document findings. <p><i>The student will:</i></p> <ol style="list-style-type: none"> Describe a physical assessment of the anus and perianal area. Describe abnormal assessment findings. Describe application and critical thinking related to findings from examination of the anus, rectum and prostate. Document findings. <p><i>The student will:</i></p> <ol style="list-style-type: none"> Identify the location of female genitourinary organs and structures. Compare variations in hormone levels and actions. Develop interview questions that will provide information for a health history. Describe a physical assessment of the female genitourinary system. Describe abnormal assessment findings. Describe application and critical thinking related to findings from examination of the female genitalia. Document findings 	<p>3</p> <p>Lab – 2 TOL -1</p>	<p>a. DTR’s: biceps, triceps, brachio-radialis, patellar, Achilles</p> <p>b. superficial: abdominal, plantar</p> <p>Units M, N, & O</p> <p>M. Male Genitalia (verbalize or use model)</p> <ol style="list-style-type: none"> Inspect and palpate the penis Inspect and palpate the scrotum Palpate for an inguinal hernia Palpate the inguinal lymph nodes Teach self-testicular exam <p>N. Anus, Rectum and Prostate (verbalize or use model)</p> <ol style="list-style-type: none"> Inspect anus and perianal area Inspect during Valsalva maneuver Test stool for occult blood <p>O. Female Genitalia (verbalize or use model)</p> <ol style="list-style-type: none"> Inspect external genitalia Palpate labia, Skene’s and Bartholin’s glands Inspect cervix and vagina using Speculum. Assist with obtaining specimens for cytologic study Perform bimanual examination: 	<p>Active Learning</p> <p>Active Learning</p> <p>Active Learning</p>	<p>Required: Jarvis - Chapter 25</p> <p>Review Anatomy and Physiology</p> <p>Practice with models</p> <p>Required: Jarvis - Chapter 26</p> <p>Review Anatomy and Physiology</p> <p>Practice with models</p> <p>Quiz – Male Genitalia & Anus, Rectum, & Prostate</p> <p>Required: Jarvis Chapter 27</p> <p>Review Anatomy and Physiology</p> <p>Practice with models</p> <p>Quiz – Female Genitalia</p>

