

BERGEN COMMUNITY COLLEGE
THE SCHOOL OF HEALTH PROFESSIONS
DEPARTMENT OF NURSING

NUR 181

LEVEL I

PHYSICAL ASSESSMENT

COURSE OUTLINE

1 CREDIT

LECTURE: 2 HOURS PER WEEK

CLINICAL LAB: 1 HOUR PER WEEK

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ALL POLICIES AND COURSE REQUIREMENTS ARE SUBJECT TO REVISION ON A SEMESTER BY SEMESTER BASIS. STUDENTS WILL BE NOTIFIED OF ANY REVISION(S) AT THE BEGINNING OF THE SEMESTER IN WHICH THE POLICY OF REQUIREMENTS IS/ARE TO BE IMPLEMENTED DURING THE FIRST MEETING OF THE APPROPRIATE NURSING CLASS.

COURSE DESCRIPTION

**Bergen Community College
Division of Health Professions
Department of Nursing
NUR 181
Physical Assessment**

Course Description

NUR-181 Physical Assessment is a first level course which focuses on the knowledge and skills to perform a nursing health history including a psychosocial assessment and performing a basic systematic head-to-toe physical assessment of adults using selected techniques. At the end of this course, students will be able to perform a beginning level physical assessment.

Prerequisites: Admission to the nursing program

Co-requisites: NUR 182, NUR 183

Credits: 1 credit: 2 hours lecture, 1 hour lab

Course Learning Outcomes

Upon successful completion of the course, the student will:

1. Integrate principles from the physical and behavioral sciences in the development of health history and physical assessment skills.
2. Apply evidence-based findings to the assessment of adult patients.
3. Demonstrate basic knowledge of regulatory requirements related to patient assessment.
4. Integrate health promotion, maintenance, restoration, and disease prevention when educating patients.
5. Demonstrate professional values and the concept of caring in developing nurse/patient relationships.
6. Integrate the skills, knowledge, and attitudes required of the nurse when applying the nursing process to perform a patient assessment.

Course Evaluation

Means of Assessment

Completion of NURS 181: Physical Assessment is based on satisfactory attainment of both didactic (lecture) and laboratory criteria. Any student who fails to meet the course requirements in either classroom or laboratory along with a final grade less than 78% and failure to pass the laboratory mastery skills must repeat the entire course and will be unable to progress to the next level.

- Tests 90% (A total of 4 tests)
- Quizzes 5% (A total of 4 quizzes)
- ATI Modules 5% (A total of 12 Modules)
- Laboratory Mastery Skills
 - o Complete Health History Assignment
 - o Validation of Head-to-Toe Assessment (Pass/Fail)
 - o Validation of Student Assessment (Pass/Fail)

Course Grade

The course grade for NURS 181 will be determined in the following way:

Activity	Percentage toward final course grade
Tests (1, 2, 3, 4)	90%
Quizzes (1, 2, 3, 4)	5%
ATI HealthAssess Modules	5%
Total	100%

Letter grades will be assigned on the following scale:

- A = 89.5 – 100
- B+ = 85.5 – 89.4
- B = 81.5 – 85.4
- C+ = 77.5 – 81.4**
- C = 73.5 – 77.4
- D = 69.5 – 73.4
- F = 69.4 and below

Required Text

Jarvis, Carolyn. Physical Examination & Health Assessment, Elsevier 2024, 9th edition, ISBN: 978-0-323-80984-9

Modes of Instruction

1. Lecture and discussion
2. Lab practice and skills demonstrations
3. Audiovisual aids
4. Self-directed learning assignments
5. External links sources on Canvas
6. ATI modules

Self-Directed Learning Assignments*

Self-Directed Learning Assignments are intended to help the student understand and take ownership of their own learning process by utilizing the textbook and reviewing concepts discussed in the classroom. They are posted on CANVAS.

ATI HealthAssess Modules*

HealthAssess prepares nursing students to perform health assessments and builds their clinical judgment skills in a virtual learning and practice experience. Students receive invaluable practice selecting interventions and document findings through media-rich tutorials, gaming exercises, virtual demonstrations, drill questions, and more.

Completion of ATI Modules is to bolster student's learning outcomes. Weekly ATI Module assignments must be completed by the following week and will be graded as 5% of the final grade. Late submission will be 0 points. More details to follow when students are provided access to the ATI Tutorial.

Expectations of Students for Physical Assessment

- Class attendance is **Mandatory**. Students must notify the instructor before class if they will be absent to arrange for makeup activity. Attendance will be taken. Students are expected to arrive in class ON-TIME. Unexcused absence totaling more than 3 hours of lecture or lab during the semester may result in a grade of "F."
- Students must come prepared to each lab by reading and mastering the assigned content that will be practiced in the lab. Check the CANVAS site daily for any updates posted.
- Students generally practice assessment techniques, such as listening to heart and lung sounds, on peers in weekly labs. It is mandatory that students wear their uniform to facilitate the assessment.

Laboratory Mastery Skills

Completion of the following mastery skills is mandatory and will be graded on a Pass/Fail basis: Validation of Breast/Lungs/Heart Assessment and the Full Head to Toe Assessment. Mastery Skills will be evaluated by the lab instructor through student demonstration in the learning laboratory. A passing grade is achieved when the student can successfully demonstrate competency for that particular skill. If the student is unsuccessful, remediation may be provided at the discretion of the lab instructor, followed by re-demonstration of the skill. If the student is unable to successfully perform any one of the mastery skills during the semester, a failure will result and will not advance to Level II.

Mastery Skill	Grading Criteria
Validation of Breast/Lungs/Heart Assessment	Pass/Fail. Student will perform an assessment of the breast (molds), lungs, and heart on peers with instructor check-off.
Validation of Full Head to Toe Assessment	Pass/Fail. Student will perform a full assessment on peers with instructor check-off.
Focused SimMan Assessments	Pass/Fail. Students must be an active participant in simulation lab activities and must correctly identify problems presented as case studies using simulation.

Testing and Testing Review Policy

- Attendance for tests is mandatory.
- If absence for a test is necessary, the student is responsible for notifying the faculty prior to the test with an acceptable reason.
- Without a valid reason for missing any quiz/test, a "0" grade will be received.
- Quizzes are given promptly at the beginning of class.
- Tests will be administered in the Computer Labs (HP220 or HP319).
- Tests are Sequential; cannot move forward or return to previous questions.
- All hats/caps must be removed during test time. All personal items such as smart watches, purses, books, backpacks, notebooks, laptops, and briefcases must be left in the front of the room during testing. No scrap paper during testing.
- All cell phones will be turned off and be left with other belongings in the front of the room. Any devices found with the student during testing will lead to a Zero grade and will be followed by Student Conduct.
- Silence will be enforced during the test time. Leave quietly after completion of the test.

- Make-up tests will only be given at the discretion of faculty and in a different format than the original test.
- Students will have the opportunity to review their test after the exam. Additional test reviews will be conducted at the discretion of the faculty. Test review may be scheduled with the faculty during office hours and within 7 school days from the return of the test grades.
- Any student achieving a test grade less than 78% need to schedule an appointment with the faculty within 7 school days from the return of the test grades. Remediation will be assigned.
- Test grades will be reported on CANVAS gradebook within 48 hours.

Course Information

- Didactic portion of the course: Syllabus, lecture powerpoints, and any other required course materials will be placed on **CANVAS**.
- Current copy of the Nursing Student Handbook is available on the BCC Nursing website.
- ATI module associated with this course (HealthAssess).
- All nursing students are required to use their BCC assigned student email accounts for all course-related correspondence.
- All nursing students are required to login to their CANVAS and email accounts regularly during the semester.

Learning Lab/Simulation Center Guidelines

While you are in a learning lab at the BCC in the student role, you should be respectful of the lab environment. This time is considered a clinical experience. Please adhere to the following rules:

1. All student learners will follow the skills laboratory student dress code while participating in lab experience. Uniforms are required for all on campus activities. Accessories are prohibited with the uniform such as head wraps, arm warmers, leg warmers, excessive jewelries, different color shoes or jackets.
2. It is the student's responsibility to bring the required, standard equipment for the learning lab/simulation experience, including, but not limited to textbooks, lab book, syllabus, stethoscope, etc.
3. Safety for all participants must be ensured, i.e.

- a. Keep Lab neat and orderly.
 - b. Put equipment where instructed.
 - c. No equipment should be moved, touched, or disconnected unless supervised by the clinical faculty or lab coordinator.
 - d. Be aware of any wires and tubes which may pose a risk for falls or patient endangerment.
4. Students are to speak with their peers and clinical instructor with professional communication.
 5. No food or drink is allowed in the simulation area/skills lab.
 6. Do not sit on any bed; there are chairs and tables available.
 7. Any supplies or equipment checked out from the lab needs to be returned to the skills lab coordinator by the required date. Failure to do will result in an incomplete in the course until the equipment is returned or may require replacement cost.
 8. Phones are to be put away and silenced while in the learning labs. Students are Not to video or audio record any learning lab/simulation experience.
 9. Mannequin Care: Consider all mannequins (or peers acting as patients) to be true patients and treat them with respect – keep them covered and dressed. Maintain privacy between your patients (mannequins or peers) by pulling screens or pull drapes as necessary.
 10. Do not move, reposition, or disconnect any mannequin unless instructed by the lab coordinator.
 11. Do not apply or insert any substances, such as Betadine, KY jelly, IV catheters, and Foley catheters to any mannequin without specific direction from your instructor. There are specific mannequin lubricants and tapes available. Students are not to perform any practice task training on the high-fidelity mannequins as replacement parts are expensive; instead, please use the task trainers for practice.

NUR 181 Student Course Sign Off Sheet

I acknowledge that I have read the course syllabus, understand and agree to abide by all the course and clinical requirements for NUR 181. I have read the grading policy and understand how the grade is calculated as well as the letter grade that is assigned to the numerical grade. I agree to abide by all policies and procedures as stated in the Nursing Student Handbook.

Date: _____

Print name: _____

Signature: _____