

Course Outline for: NURS 1051 Foundations of Health Assessment**A. Course Description:**

1. Number of credits: 3
2. Lecture hours per week: 2
Lab hours per week: 1
Clinical hours per week: 1.5
3. Prerequisites: ENGC 1101, CHEM 1050, BIOL 2041, PSYC 1050
Acceptance into the nursing program
4. Corequisites: NURS 1000
5. MnTC Goals: None

Comprehensive nursing health assessment across the lifespan is a fundamental skill for the entry-level nurse. Students will begin to develop therapeutic communication and basic assessment skills using a variety of modalities in the nursing lab, simulation, and clinical spaces. Students will be introduced to the concept of informatics, how to utilize and integrate nursing, computer, and information sciences to manage data.

B. Date last reviewed/updated: October 2024**C. Outline of Major Content Areas:**

1. Professional Integrity
 - A. Attributes and Roles of a Nurse
 - i. Professionalism
 - ii. Clinical Judgment
 - B. Care Competencies
 - i. Holistic Nursing Process/Person-centered Care
 - ii. Communication
 - iii. Informatics
 - iv. Evidence-based/Evidence-informed Practice
2. Physiological Integrity
 - A. Physiological Homeostasis Regulation
 - i. Fluid & Electrolyte Balance
 - ii. Acid-Base Balance
 - iii. Thermoregulation
 - iv. Intracranial Regulation
 - v. Metabolism
 - vi. Nutrition
 - vii. Elimination
 - viii. Sexuality & Reproduction
 - ix. Oxygenation
 - x. Perfusion
 - B. Protection and Movement

- i. Immunity
 - ii. Inflammation
 - iii. Infection
 - iv. Tissue Integrity
 - v. Sensory Perception
 - vi. Comfort
 - vii. Mobility
 - viii. Rest
- 3. Psychosocial Integrity
 - A. Psychosocial Homeostasis
 - i. Family Dynamics
 - ii. Culture/Spirituality
 - iii. Motivation/Adherence
 - iv. Cognitive Function
 - v. Coping/Stress/Adaptation
- 4. Lifespan
 - A. Health Equity
 - i. Determinants of Health
 - ii. Implicit Bias Education

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Describe the role and demonstrate an awareness of the role of the professional nurse in the systematic process of health assessment and data collection as a provider of holistic person-centered care.
2. Apply concepts and principles necessary for the performance of a comprehensive health assessment.
3. Describe the components and demonstrate competency in the performance of a comprehensive nursing health assessment and selected professional nursing skills.
4. Document health assessment data to support decision-making processes for safe care.
5. Identify information and technology skills needed for safe care as related to health assessment.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Written examinations and quizzes.
2. Alternative format, written, and reflection assignments.
3. A course competency evaluation tool will be used in the experiential settings to evaluate the successful completion of core competencies (See Competency Evaluation Tool).
4. Rubrics will be used for formative and summative evaluations of written and reflection assignments, and the on-campus laboratory/simulation for the evaluation of course outcomes.

5. Successful completion of each part of this course as defined below is necessary to progress to the next semester. However, unsafe clinical performance may result in failure of the course.

Part 1 Theory: The student must obtain a 78% or greater in order to pass.

Part 2 Experiential Learning: Students must achieve a 78% or greater and demonstrate safe practice.

- i. Direct-Focused Integrative Care/Clinical performance: Pass/Fail. Students must pass all course competency outcomes in order to progress to the subsequent semester.
- ii. Concept-Based Experiences: Simulation and planned encounters presenting authentic client case exemplars to provide opportunities for students to learn to think like a nurse.
- iii. Skill-Based Activities: Lab experiences include psychomotor skills, as well as communication, teaching, advocacy, coaching and interpersonal skills among others (Instructor validation of skill performance).

F. Special Information:

Refer to nursing student handbook for additional details.