

Health Assessment for Professional Nursing

Required Resource



Shadow Health® Digital Clinical Experience™: The Shadow Health® Digital Clinical Experience™ (DCE) provides a dynamic, immersive experience designed to improve your skills and clinical reasoning through the examination of digital standardized patients. Although these patients are digital, each one breathes, speaks, and has a complex medical and psychosocial history. We will be completing Shadow Health assignments throughout the course.

The Shadow Health technology requires an access code you will receive from the Grantham Bookstore. If you have not already received the code, please check your email for information from the bookstore.

It is vital you practice the Shadow Health technology. You must watch the orientation video housed on the Shadow Health site. Shadow Health has its own platform and therefore its own Learner Support Center. The link to this assistance is clearly marked and needs to be your first line of contact for any issues. However, as with any computer problem, a good first place to begin is trying a different web browser. Also, iPad and Smart phones can be problematic. So if issues arise, try a PC. If that is not successful click the link to Shadow Health Learner Support Center.

There are different types of virtual assessments available. There are Concept Labs, Focused Exams, and the systems assessments themselves. The final week contains the Comprehensive Assessment. You do not need to submit the Lab Pass except where specifically noted in the assignment directions.

Preparing for Shadow Health:

- Shadow Health Website: <https://shadowhealth.com/health-assessment.html>
- Student Account Setup Guide: http://bit.ly/How_to_Register
- Technical Requirements: http://bit.ly/System_Requirements
- Link to Shadow Health Support: <http://support.shadowhealth.com>
- **Course Registration PIN for Students: 4610-8519-0234-5947**

Course Description

This course provides a holistic approach to health assessment across the life span. Assessment skills are practiced through a step-wise individual system approach culminating in a complete head-to-toe physical assessment. The system assessments are augmented with Concept Labs which integrate physiology as well as interview techniques, best practice for history-taking, and therapeutic communication. Assessment of a pathological condition for special populations such as geriatric and pediatric are incorporated via Focused Exam scenarios. Shadow Health, a Digital Clinical experience, utilizes a virtual world of patients with a variety of real world health needs. Students are able to demonstrate and perfect their clinical reasoning skills through 45 hours of practice experience as they interact with patient avatars capable of responding to open-ended questions, synthesize data, demonstrate patient safety techniques, and perform SBAR interdisciplinary communication.

Course Objectives

Theoretical Outcomes:

- Investigate ANA standards of Nursing Practice for therapeutic communication, data gathering, and documentation
- Convey key concepts and processes in the systems approach to health assessment
- Explore cultural, developmental, spiritual, and psychosocial variations in the health state of individuals based on health assessment data
- Apply the concepts of health, health promotion, risk reduction, and disease prevention through the lifespan

Practice Experience Outcomes:

- Analyze the concepts of holistic health assessment for selected clients across the lifespan, including developmental considerations
- Refine health assessment skills utilizing the virtual domain to practice cognitive, problem-solving, psychomotor, affective, interpersonal and ethical skills
- Complete, with increasing proficiency, expanded physical assessments for each major body system
- Use clinical reasoning skills while interactive with life-like patients

Credit Hours: 3 credits: 2 credits didactic (encompasses 90 clock hours); 1 credit practice experience (encompasses 45 clock hours)

Prerequisites: All NUR courses must be taken in the order prescribed in the [University Catalog](#).

Tentative Course Schedule

Course Week	Weekly Content
Week 1	<ul style="list-style-type: none">• Read "RN-BSN Capstone Project Guide," "Connecting with Social Media," and "SON Conceptual Framework"• Lecture 1 "360 View of the MSN"• Lecture 2 "The Health History"• Lecture 3 "Introduction to the Virtual Clinical Assessment"

Course Week	Weekly Content
	<ul style="list-style-type: none"> • Discussion "ANA and Assessment" • Assignment 1 "Digital Clinical Experience (DCE) Orientation" • Assignment 2 "DCE Health History"
Week 2	<ul style="list-style-type: none"> • Lecture 1 "Nutritional Assessment Across the Lifespan" • Lecture 2 "Nutrition & Obesity" • Lecture 3 Video "Environment Risk Assessment" • Practice Assignment 1 "DCE Conversation Concept Lab" • Practice Assignment 2 "DCE Respiratory Concept Lab" • Discussion 1 "Nutrition Across the Lifespan" • Discussion 2 "SON Global Village" • Assignment 1 "DCE Respiratory"
Week 3	<ul style="list-style-type: none"> • Lecture 1 "Pain Management" • Lecture 2 "Drug Abuse Assessment Tools" • Lecture 3 Video "Understanding the Opioid Epidemic" • Discussion "Assessing the Impaired Professional" • Assignment 1 "DCE HEENT" • Assignment 2 "DCE Focused Exam Cough (Pediatric)"
Week 4	<ul style="list-style-type: none"> • Lecture 1 "Legal Issues in Nursing" • Lecture 2 "Ethics" • Lecture 3 Video "Assessing for Eating Disorders" • Lecture 4 Video "Health Care Should be a Team Sport" • Practice Assignment "DCE Abdominal Concept Lab" • Discussion 1 "Legal Issues in the Physical Assessment" • Discussion 2 "You Be The Jury" • Assignment "DCE Abdominal"
Week 5	<ul style="list-style-type: none"> • Lecture 1 "Culturally Congruent Care: The ANA Call to Action" • Lecture 2 "Cultural Competence Self-Assessment" • Lecture 3 Video "Precision Medicine: How Our Genes Can Help Determine Our Risk and Treatment for Disease" • Lecture 4 Video "Problem Solving and Health Care Cultures" • Discussion "Cultural Competency" • Assignment "DCE Focused Exam: Abdominal Pain"
Week 6	<ul style="list-style-type: none"> • Lecture 1 "Spirituality in the Health Care Workplace" • Lecture 2 Video "Social Determinants of Health" • Lecture 3 Video "How to Spot Human Trafficking" • Practice Assignment "DCE Cardiovascular Concept Lab" • Discussion "Health Promotion in the Physical Assessment" • Assignment "DCE Cardiovascular"
Week 7	<ul style="list-style-type: none"> • Lecture 1 "Technology" • Lecture 2 "Making Nursing Practice Visible: A the Brink of Fulfilling the DREAM" • Lecture 3 Video "Inside the Hospital Room of the Future" • Lecture 4 Video "Wearable Tech Expands Human Potential" • Lecture 5 Video "Wearables: The future of everything" • Discussion "Safety and Quality Improvement" • Assignment 1 "DCE Neurological"

Course Week	Weekly Content
	<ul style="list-style-type: none"> Assignment 2 "DCE Focused Exam: Chest Pain"
Week 8	<ul style="list-style-type: none"> Lecture 1 "Special Populations" Lecture 2 Video "Chasing Zero: Winning the War on Healthcare Harm" Lecture 3 Videos "Mini Mental Exam" Discussion "The Future of Technology" Assignment 1 "DCE Capstone Assignment Comprehensive Assessment"

Grading Policy

Grading Category	Grade Weight
Discussions	30%
Assignments	40%
Comprehensive Exam	30%

Estimated Student Workload

The following table outlines the academic effort required by students to become successful in this course. While the times in the table are hourly approximations, it is presented to help students with their time management. Please note, depending on the student's background knowledge and experience of the course subject, and an individual student's academic capabilities, these times will vary.

Course Week	Activity and Time Required
Week 1	<ul style="list-style-type: none"> Reading/Watching: 1.0 Discussion: 3.0 Homework: 3.0 Hands On: 5.0 Total Time Estimated: 12.0
Week 2	<ul style="list-style-type: none"> Reading/Watching: 1.0 Discussion: 5.0 Homework: 3.0 Hands On: 7.0 Total Time Estimated: 16.0
Week 3	<ul style="list-style-type: none"> Reading/Watching: 2.3 Discussion: 3.0 Homework: 6.0 Hands On: 6.0 Total Time Estimated: 17.3
Week 4	<ul style="list-style-type: none"> Reading/Watching: 1.8 Discussion: 3.0 Homework: 3.0 Hands On: 5.0 Total Time Estimated: 12.8
Week 5	<ul style="list-style-type: none"> Reading/Watching: 1.5

Course Week	Activity and Time Required
	<ul style="list-style-type: none"> • Discussion: 3.0 • Homework: 3.0 • Hands On: 3.0 • Total Time Estimated: 10.5
Week 6	<ul style="list-style-type: none"> • Reading/Watching: 1.3 • Discussion: 3.0 • Homework: 3.0 • Hands On: 4.0 • Total Time Estimated: 11.3
Week 7	<ul style="list-style-type: none"> • Reading/Watching: 1.4 • Discussion: 3.0 • Homework: 6.0 • Hands On: 7.0 • Total Time Estimated: 17.4
Week 8	<ul style="list-style-type: none"> • Reading/Watching: 1.7 • Discussion: 3.0 • Homework: 8.0 • Hands On: 8.0 • Total Time Estimated: 20.7