Course Syllabus: Medical-Surgical Nursing 1

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Course Description

This course focuses on the complete health assessment, the nursing process, and its relationship to the prevention and early detection of disease in patients across the life span. This course introduces processes of health assessment: interviewing, history-taking, and physical assessment. It is designed to improve nursing students’ skills in taking a detailed clinical history from clients and to develop an understanding of the correct examination techniques of each of the systems covered.

Course outcomes

Upon completion of the course, the students will achieve the following learning outcomes:

1. Identify the components of a complete health assessment;
2. Identify the equipment and skills required to perform a complete health assessment;
3. Identify developmental and cultural considerations in the performance of a health assessment;
4. Collect and document a complete health history with a healthy adult volunteer;
5. Conduct and document a physical examination with a healthy adult volunteer;
6. Adapt the techniques of health assessment for children and older adults;
7. Identify the relationship between health assessment and the nursing process; and

8. Identify patient teaching and health promotion activities appropriate for a healthy adult volunteer.

Course Credits and Contact Hours:

1 credit, 16 contact hours, 1 session/week for 8 weeks (2 hours/session)

Grading:

Letter grade, based on participation, assignments and final research paper.

• 20% Participation
• 40% Course assignments
• 40% paper

Teaching methods:

Each session will include a combination of lectures, and seminar work. Lectures will be given by the educators. All students should be prepared for a seminar. In each seminar one of the students is required to present a case. Each presentation consist of describing a case and its disease, its assessment, as well as nursing diagnosis related to that case (with major and minor symptoms). The course will provide a foundation for seminar discussions, but students are expected to bring additional ideas to the discussions. Before each class, students are expected to
complete all of the weekly assignments and identify questions about it. Finally, students are expected to participate actively in the seminar discussions.

**Course content**

**Session 1**

Definition of health and disease, Communication, Documentation and record keeping, Taking a history.

**Session 2**

Examination of: Eyes; Mouth; Sinuses; Ears, Throat and Neck, demonstration and Practice.

**Session 3**

Assessment of Skin, Hair, and Nails

**Session 4**

Cardiac Examination – demonstration & practice, Chest Pain: Heart sounds, changes associated with ageing, Common cardiovascular conditions

**Session 5**

Respiratory examination

History; respiratory sounds, percussion and auscultation, Common lung abnormalities, demonstration & practice

**Session 6**

Gastro-intestinal

Abdominal examination demonstration and practice, Abdominal pain, history, palpation; percussion, Auscultation; Abdominal conditions.

**Session 7**
Assessment of Musculoskeletal System

Session 8

Neurological examination, The limbs and trunk: tone and power; sensation and coordination; Reflexes, Locomotor system: examination, Joint Dysfunction; Muscle dysfunction

Session 9

Assessment of Genitalia, Anus, Rectum, and Prostate

Textbook
