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# Birzeit University

**Faculty of Nursing and allied health sciences**

**FACULTY:**

Name : Mrs, Maram Jaghama, RN,

Office: 313

Phone: INSERT FACULTY PHONE NUMBER

Email: mgaghama@birzeit.edu

Health Assessment Lab Outline

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| Weeks | Topics | Descriptions. |
| Week 1 | Introduction.  Techniques & Equipment.  General Survey.  Pain Assessment.  Nutritional Assessment.  The Health History. | Basic techniques of physical assessment.  Equipment.  General survey: measuring height, weight & V/S.  Assessment of pain.  Health history: sources of information, Phases of the health assessment interview. |
| Week 2 | Skin, Hair & Nails.  Head, Neck, and related Lymphatics. | Assessment techniques & findings. |
| Week 3 | Eye. | Testing visual acuity, visual fields by confrontation, six cardinal fields of gaze, corneal light reflex, cover test, pupillary response, accommodation, corneal reflex, external eye assessment & Ophthalmoscope. |
| Week 4 | Ears, Nose, Mouth and Throat. | Assessment techniques & findings, nose & sinuses, mouth & throat. |
| Week 5 | Respiratory System. | Assessment techniques & findings: inspection of anterior & posterior thorax, palpation of anterior & posterior thorax, assessment of voice sounds, percussion and auscultation of posterior and anterior thorax. |
| Week 6 | Breast & Axillae.  Cardiovascular System.  Peripheral Vascular System. | Assessment techniques & findings: inspection & palpation of the breast, examination of the axillae, inspection and palpation of male breast & axillae.  Assessment techniques & findings: inspection, palpation, percussion & auscultation.  Assessment techniques & findings: blood pressure, carotid arteries, arms & legs. |
| Week 7 | Abdomen. | Assessment techniques & findings: inspection & auscultation of abdomen, percussion of abdomen, liver, spleen, & gastric bubble. Palpation of abdomen, liver, spleen, & additional procedures. |
| Week 8 | Midterm Exam. |  |
| Week 9 | Midterm Exam. |  |
| Week 10 | Urinary System. | Assessment techniques & findings: the kidneys & flanks, left kidney, right kidney and urinary bladder. |
| Week 11 | Neurological System. | Assessment techniques & findings: mental status, cranial nerves, motor & sensory function, reflexes, carotid auscultation, meningeal assessment, & GCS. |
| Week 12 | Musculoskeletal System. | Assessment techniques & findings: assessment of joints, shoulders, elbows, wrists, hands, hips, knees, ankles, feet, & spine. |
| Week 13 | Male Reproductive System.  Female Reproductive System. | Assessment techniques & findings: inspection & palpation.  Assessment techniques & findings: inspection, palpation, inspection with a speculum, obtaining the Pap Smear culture & bimanual palpation. |
| Week 14 | Assessment of Infants, Children, & Adolescents.  The Pregnant Female. | Assessment techniques & findings: G & D and full exam.  Assessment techniques & findings: Full exam. |
| Week 15 | Final Exam. |  |
| Week 16 | Final Exam. |  |

Grades will be based on the following components:  
  
Quizzes 20%  
Midterm theory 20%  
Final clinical 30%  
Final theory 20%  
Attendance and participation 10%

Each student must achieve 60% of the available points in order to successfully pass the course.