



Chaminade University OF HONOLULU

Course Syllabus

[Chaminade University Honolulu](http://www.chaminade.edu)

3140 Waialae Avenue - Honolulu, HI 96816

Course Number: NUR 207

Course Title: NUR 207 Health Promotion & Assessment

Department Name: School of Nursing and Health Professions

Term: Fall 2021

Course Credits: 4 (3 credits didactic/lecture, 1 credit lab)

Class Meeting Days/Hours:

Mon 8:30-11:30a Dr Jen Nafarrete

Mon 11:30a-2:00p Prof Denise Hackman

Mon 2:30-5:30p Prof Denise Hackman

Mon 5:30-8:00p Prof Lory Gaskill

Class Location: to be determined

Lab Day/Hours:

Thursdays in Henry Hall Health Assessment lab rooms.

0700-1000, 1000-1300, or 1330-1430

Instructors:

Course Coordinator

Jen Nafarrete EdD MSN RN

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Office Location: Henry Hall 118-d

Office Hours: by appointment

Lorena Gaskill MSN RN

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Office Location: Henry Hall 118-c

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Denise Hackman MSN RN

Denise.hackman@chaminade.edu

Office Location: Henry Hall 118-b

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Erica Murray, MSN, RN, CNS
erica.murray@chaminade.edu
Office Location: remote
Office Hours: by appointment

Becky Yoza, DNP, APRN-Rx, FNP-BC, ENP-C
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Office location: Henry Hall 118-
Office Hours: by appointment

Lab Faculty:

0700-1000: Prof Ray Morikawa
1000-1300: Prof Eric Mendonca and Prof Ray Morikawa
1330-1630: Prof Lorelie Enriquez and Prof Jeffrey Viernes
1630-1930: Prof Eric Mendonca, Prof Lorelie Enriquez and Prof Jeffrey Viernes
Oversight: Dr Jen Nafarrete and Dr Becky Yoza

Guidelines for Communication:

Email: Use the Chaminade email account provided. Always include a subject line such as NUR 207 and add the topic of the email. Use standard fonts; special formatting such as centering, audio messages, and tables should be avoided. Send an attachment with the email if the above items need to be shared. Classroom correspondence should be conducted using the Canvas email function.

University Course Catalog Description:

NUR 207 Health Promotion & Assessment (4) 3 credits Didactic, 1 credit Lab.

This course develops the knowledge, skills and attitudes required to collect health history data and to perform a systematic physical examination. Developmental and transcultural considerations are addressed along with the concepts of health promotion and disease prevention. The focus in this course is integration of the components of the nursing health assessment in the context of teaching and supporting lifestyle choices for individuals of all ages. Service Learning will be a required element of the course, in the form of a 10-hour service-learning activity and a written reflection about the experience.

Prerequisites: *Prerequisites: BI 152/L, NUR 200. Co-requisites: Co-requisite for transfer students: NUR 200.*

Course Overview: This course develops the knowledge, skills and attitudes required to collect health history data and to perform a systematic physical examination. Developmental and transcultural considerations are addressed along with the concepts of health promotion and disease prevention. The focus in this course is integration of the components of the nursing health assessment in the context of teaching and supporting lifestyle choices for individuals of all ages. On-campus lab experiences are in small groups with hands-on practice.

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every

opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith
2. Provide an integral, quality education
3. Educate in family spirit
4. Educate for service, justice and peace
5. Educate for adaptation and change

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Olelo No'eau 203) All knowledge is not taught in the same school
6. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God
7. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep
8. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship
9. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom
10. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Olelo No'eau 203) All knowledge is not taught in the same school

Learning Outcomes:

- PROGRAM LEARNING OUTCOME #1: Utilize the nursing process to advocate for safe, holistic, patient-centered care across the lifespan, incorporating the Marianist value of service, justice and peace.
NUR 207- Utilize the nursing process to conduct a comprehensive health assessment, promote wellness, prevent illness, support optimal health, and incorporate the Marianist values of service, justice and peace.
- PROGRAM LEARNING OUTCOME #2: Apply leadership and communication skills to ensure quality, collaborative and continuous patient care.

NUR 207- Demonstrate effective communication skills to perform a health history and provide health promotion education across the lifespan.

- PROGRAM LEARNING OUTCOME #3: Integrate credible research with clinical expertise and patient preferences for optimal care across the lifespan.

NUR 207- Use resources and evaluate data to support health promotion through patient teaching across the life span based on current evidence.

- PROGRAM LEARNING OUTCOME #4: Incorporate informatics and healthcare technologies into the practice of professional nursing.

NUR 207-Incorporate and manage information technology to teach health promotion across the lifespan.

- PROGRAM LEARNING OUTCOME #5: Contribute to the safety and quality improvement of the healthcare environment.

NUR 207- Develop language and skill to document assessments and plan nursing care to improve the quality and safety of patient care across the lifespan.

Required Learning Materials:

Physical Examination and Health Assessment, 8th edition, Jarvis. Lippincott.

ISBN 978-0-323-51080-6 with Evolve learning resources

Study Guide and Laboratory Manual for Physical Examination and Health Assessment 8th edition, Jarvis, ISBN 978-0-323-53203-7

Course Website:

The Learning Management System, *Canvas*, is used throughout all of the nursing courses.

Course website address: <https://chaminade.instructure.com>. Hardware requirements: Canvas is accessible from most PCs and Macintosh computers with a reliable Internet connection.

Canvas is accessible on all computers available for use on campus.

Technical Assistance for Canvas Users:

- Search for help on specific topics or get tips in [Canvas Students](#)
- [Live chat with Canvas Support for students](#)
- Canvas Support Hotline for students: +1-833-209-6111
- Watch this [video to get you started](#)
- [Online tutorials](#): click on “Students” role to access tutorials
- Contact the Chaminade IT Helpdesk for technical issues: helpdesk@chaminade.edu or call (808) 735-4855

Library: The Sullivan Family Library link is available on the CUH website:

<http://www.chaminade.edu/library> Phone: (808) 735-4725

Teaching-Learning Strategies:

Scrambled class discussion, case studies, audio-visual media, in-class and lab group activities, and virtual clinical simulation.

Course Requirements/Methods of Evaluation: Your course grade will be based on the following:

- Participation
- Written Exams
- Health Promotion Presentation
- Sherpath Assignments

Tutoring and Writing Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua 'Ike: Center for Student Learning in a variety of subjects (including, but are not limited to: biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check Kōkua 'Ike's website (<https://chaminade.edu/advising/kokua-ike/>) for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via TutorMe. TutorMe can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – TutorMe. For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Assignments and Grading Criteria

Didactic & Lab Preparation, Participation & Performance: It is expected that students will be adequately prepared to participate in class and small group collaborative activities. It is the responsibility of each student to be engaged in his or her learning. Substantive participation may include but is not limited to: participating in class activities, asking relevant questions, adding information in class supported by pertinent reading materials, discussion questions answered, etc. Substantive participation often translates to active learning.

Assignments: ALL assignments must be successfully completed in order to pass this course. It is expected that assignments will be submitted on time. Late assignments will receive a zero score unless previously arranged with the instructor.

Writing policy: All papers should demonstrate mastery of grammar, punctuation, spelling and syntax expected of college level students. Use of APA is required for all papers. If you need writing assistance, please seek help from Student Support Services and the Academic Achievement Program. All papers are to be word processed, proofread, and solely the work of the author.

Testing policy: Students are expected to take tests on the designated day and time. In case of an emergency, please contact the instructor prior to the test so that an alternate plan can be made. Failure to do so will result in a zero. Approval for taking a make-up test must be granted in advance and may be in a different format at the discretion of the instructor. Students are required to take the final exam as designated. Do not make any travel plans as there will no makeup for this reason and students will receive a zero in the exam.

Course Grading:

The proportion that each of the above contributes to your grade in this course is as follows:

Course Assessments:

The proportion that each of the above contributes to your grade in this course is as follows:

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|----------------------------|-------------|
| Sherpath Case Studies | Pass/Fail |
| Sherpath Lessons (1pt per) | 15% |
| Exam 1 | 25% |
| Exam 2 | 25% |
| Presentation | 10% |
| Exam 3 | 25% |
| TOTAL | 100% |

Grading Scale:

A = 90-100%

B = 80-89%

C = 75-79%

D = 60-74%

F = 59% and below

OF NOTE: scores will not be rounded up (i.e., 74.9% is 74% = D) & there are no extra credit allowances

Please note the following policy:

- To pass this course, the student must obtain a 75% or higher weighted average on the examinations in this course.
- **ALL** assignments must be successfully completed in order to pass this course.
- If the student fails to successfully complete all required assignments and/or does not have a weighted average score of at least 75% in all in this course, the maximum grade obtained for the course will be 69%. (“D”).
- The lab portion of the course must be successfully completed in order to pass this course.

The School of Nursing may choose to utilize an online exam proctoring technology at any time during this course. This technology enables students to take proctored exams at a location that is off campus. This technology provides a secure test environment that promotes academic integrity and provides data security. The process identifies a student and records video, audio, and screen capture during the student’s exam. This information is communicated to secure servers and reviewed. The video, audio, and screen capture are used solely for the purpose of ensuring academic integrity during the testing process.

COURSE POLICIES: All policies stated in the Chaminade University Catalog, Chaminade University Student Handbook, and Chaminade University School of Nursing Handbook are in effect in this course.

Academic Honesty: Nursing students are responsible for promoting academic honesty in all educational settings. ***Any behavior that impedes assessment is considered academic dishonesty by the CUHSONHP.*** Nursing students represent Chaminade University and the School of Nursing and as such are expected to demonstrate professional, ethical behavior in the

classroom, in laboratory settings, in the clinical setting, and in the community. The Chaminade student nurse shall be committed to the Marianist values and the core values of the School of Nursing. ***Violations of the principle of academic honesty are extremely serious and will not be tolerated.*** Students are responsible for promoting academic honesty by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Please refer to “*Professional Behaviors*” in the 2020-2021 Student Handbook for an in-depth explanation.

“Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of the Academic Division and may range from an 'F' grade for the work in question, to an 'F' for the course, to suspension or dismissal from the University.”

Course Atmosphere: There will be ample opportunity for discussion and small group work in both the lecture and lab sections of the course. Everyone will be expected to complete the required reading and preparation; participation is needed so that everyone benefits from the sharing and trust that occurs. It is important that students come to class and lab prepared and ready to fully engage in learning.

Dress Code

Clinical rotations in the nursing program are foundational to the development of the professional nurse and nursing as a practice. You must dress professionally; wear your unwrinkled uniform, school ID, socks, and wear closed-toe/closed heel shoes (white leather/vinyl). Only the Chaminade University School of Nursing approved scrub uniforms will be permitted for this course. Your image is representative of the Chaminade University Nurse. Your school picture ID is to be worn at all times unless specified by your clinical instructor. Please read information about appropriate use of jewelry, make-up, fingernail, fake eyelashes, face hair, and tattoo specifications in your student handbook.

Cell phones: Use of music devices and cell phones are ***prohibited*** during all Nursing classes at Chaminade, ***unless specifically permitted by your instructor.*** Use of cell phones and music devices in the laboratory, simulation, or clinical settings is a safety and privacy issue. In addition, use of cell phones and music devices in any class is discourteous and may lead to suspicion of academic misconduct. Students who cannot comply with this rule will be asked to leave class and may receive unsatisfactory performance for that day. Please refer any questions to the Dean of Nursing & Health Professions.

Laptops: May be used in class for taking notes and for class activities as directed by the instructor. Any student found using the laptop in class for activities other than related class work (e.g. completing a paper for another course, social networking, etc.) will be prohibited from using the laptop in class.

Attendance: Class and lab attendance is a ***requirement.*** The classroom is a teaching and learning environment where there is an exchange of knowledge and experience, so it is essential that students attend class and participate in classroom activities to maximize individual learning. Students who are absent from class not only miss a part of the subject

matter of the course but also diminish the opportunities for contributing to the learning environment for the entire class. **You must email the instructor prior to class if you have any emergencies that will affect your attendance.**

It is essential that students attend both class and labs to maximize individual learning. Each student will be encouraged to develop a professional work ethic that reflects personal responsibility, initiative, and teamwork. Any student who stops attending class without officially withdrawing may receive a failing grade; unexcused absences equivalent to more than a week of class may lead to a grade reduction for the course. The instructor must report any absence of two weeks or more to the Associate Provost and the Records Office.

Academic Conduct Policy: Any community must have a set of rules and standards of conduct by which it operates. At Chaminade, these standards are outlined so as to reflect both the Catholic, Marianist values of the institution and to honor and respect students as responsible adults. All alleged violations of the community standards are handled through an established student conduct process, outlined in the Student Handbook, and operated within the guidelines set to honor both students' rights and campus values.

Students should conduct themselves in a manner that reflects the ideals of the University. This includes knowing and respecting the intent of rules, regulations, and/or policies presented in the Student Handbook, and realizing that students are subject to the University's jurisdiction from the time of their admission until their enrollment has been formally terminated. Please refer to the Student Handbook for more details. A copy of the Student Handbook is available on the Chaminade website.

For further information:

<https://chaminade.edu/wp-content/uploads/2020/08/NEW-STUDENT-HANDBOOK-20-21-Final-8.4.2020.pdf>

Academic Accommodations: If you need individual accommodations to meet course outcomes because of a documented disability, please speak with me to discuss your needs as soon as possible so that we can ensure your full participation in class and fair assessment of your work. Students with special needs who meet criteria for the Americans with Disabilities Act (ADA) provisions must provide written documentation of the need for accommodations from the Counseling Center by the end of week three of the class, in order for instructors to plan accordingly. If a student would like to determine if they meet the criteria for accommodations, they should contact the Kōkua 'Ike Coordinator at (808) 739-8305 for further information (ada@chaminade.edu).

Title IX Compliance:

Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. If you or someone you know has been harassed or assaulted, you can find the appropriate resources by visiting Campus Ministry, the Dean of Students Office, the Counseling Center, or the Office for Compliance and Personnel Services.

Compliance information:

The Compliance website serves as a resource for compliance matters, including Title IX/Nondiscrimination, the Hawaii Post-Secondary Education Authorization Program, and human resource and employment policies. The Executive Director for Compliance and Personnel Services oversees university-wide efforts to meet compliance standards set forth by University policies and Federal and State regulations.

Grievances, violations or suspected violations of these policies may be submitted by the complainant or may be submitted anonymously to the Executive Director of Compliance and Personnel Services. Reports of violations or suspected violations will be kept confidential to the extent possible, consistent with the need to conduct an adequate investigation. Mechanisms in which to file a grievance can be found at the following website link:

<https://compliance.chaminade.edu/resources>

COURSE CREDIT:

In order to successfully complete the required hours of this course, you are required to attend all didactic and clinical. Here are how the credit hours are divided.



45 hours Didactic: 39 face-to-face (13 weeks of 3 hour lectures) and 6 hours of Sherpath assignments.




45 hours Lab: 39 face-to-face (13 weeks of 3 hour labs) and 6 hours of Sherpath assignments.


PLEASE NOTE: While every attempt has been made to prepare this syllabus and class schedule in final form, it may be necessary for the instructor to make changes as may be deemed essential to meet the learning outcomes of the course. Students will be notified in writing via Chaminade email of any changes. It is recommended that you check email and course site every 24 hours for announcements. All students will be held responsible to read, understand, and clarify the content within this document.

Course Schedule & Teaching Plan

Course content may vary from this outline at the discretion of the instructor to meet the needs of each class. NOTE: Assigned readings, pre-assigned modules, and Study Plan content are to be completed prior to class. Refer to course Canvas shell for complete lesson plans.

| Week/ Date | Focus | Readings and Assignments |
|------------------------|---|--|
| 1. Aug 23 | Interviewing Basics History Taking | Chapters 1, 3, 4 Lesson: Interviewing Basics |
| 2. Aug 30 | General Survey Vital Signs | Chapters 8, 9, 10 Lesson: Examination Techniques |
| 3. Sept 6 Labor Day | Cultural Assessment Substance Use, Domestic  | Chapters 2, 6, 7 3 Lessons: Cultural, Substance, Domestic and Family Violence Assessments |
| 4. Sept 13 | Neurological Assessment Pain | Chapters 5, 11, 24 Lesson: Assess Neurological System |
| 5. Sept 20 |  | EXAM 1 Health Promotion assignments (choose topic, write objectives, plan) |
| 6. Sept 27 | Cardiac Assessment Circulatory Assessment | Chapters 20, 21 Lesson: Findings for Heart Assessment HP Project: good draft DUE |
| 7. Oct 4 | Chest Assessment | Chapters 18, 19 Lesson: Findings of Chest and Lungs Assessment |



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| <p>8. Oct 11</p> <p>University Holiday</p> | <p>Nutrition</p>  | <p>Chapter 12</p> <p>2 Lessons: Assessment and Findings of Nutrition Assessment</p> |
| <p>9. Oct 18</p> | <p>Skin, Head, Lymph Assessments</p> | <p>Chapters 13, 14</p> <p>Lesson: Findings of Skin, Hair Nails assessment</p> |
| <p>10. Oct 25</p> |  | <p>EXAM 2</p> <p>Health promotion projects: creation of presentation, practice.</p> |
| <p>11. Nov 1</p> | <p>Eyes, Ears, Nose, Mouth, Throat Assessments</p> | <p>Chapters 15, 16, 17</p> <p>Lesson: Ears, Nose, Throat</p> |
| <p>12. Nov 8</p> | <p>Musculoskeletal Assessment</p> | <p>Chapter 23</p> <p>CS: Musculoskeletal</p> <p>Lesson: Findings of MS assessment</p> |
| <p>13. Nov 15</p> | <p>Gastrointestinal Assessment</p> <p>Genitourinary Assessment</p> | <p>Chapters 22, 25, 26, 27</p> <p>Lesson: Findings of Abdominal Assessment</p> <p>HP Project: DUE</p> |
| <p>14. Nov 22</p> | <p>Complete Health Assessment</p> | <p>Chapters 28, 30, 32</p> <p>Lesson: Head-to-toe Assessment</p> |
| <p>15. Nov 29</p> |  | <p>Project Presentations to class</p> |

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| 16. Dec 6 |  | Exam 3 |
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LAB SHERPATH READINGS/CASE STUDIES and ASSIGNMENTS in WORKBOOK

All readings should be done before entering the health assessment lab. Course instructors will discuss systems and assessments. Students will partner up to complete the in lab workbook assignments. Professional behavior and attire is expected at all times. NO CELLPHONE use in the lab. Disclosing any information you learned about your classmates in health assessment WILL NOT be tolerated.

| Week/ Date | Focus | Readings and Assignments |
|------------|--|---|
| 1. Aug 26 | Interviewing Basics History Taking | Read: Chapters 1, 3, 4 Case Study before lab: Complete Health History In lab: pp 28-36. |
| 2. Sept 2 | General Survey Vital Signs | Read: Chapters 8, 9, 10 CS: General Survey and Measurement In lab: pp 66-67, 72 |
| 3. Sept 9 | Cultural Assessment Substance Use, Domestic | Read Chapters 2, 6, 7 CS: Substance Use In lab: pp. 12-16, 49-52 |
| 4. Sept 16 | Neurological Assessment Pain | Chapters 5, 11, 24 CS: Pain assessment In lab: pp.42-43, 79-80, 221-225 |
| 5. Sept 23 | (exam 1) | Mini assessment check off/hypothesis |
| 6. Sept 30 | Cardiac Assessment Circulatory Assessment | Chapters 20, 21 CS: Chest Pain In lab: pp 173-176, 185-189 |
| 7. Oct 7 | Chest Assessment | Chapters 18, 19 |

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| | | CS: Respiratory Problems In lab: pp 145-149*(do not do the physical examination of breasts), 160-162 |
| 8. Oct 14 | Nutrition | Chapter 12 CS: Stomach Pain Oct 13 In lab: pp 85-86 |
| 9. Oct 21 | Skin, Head, Lymph Assessments | Chapters 13, 14 CS: Head, Face, Neck In lab: pp 94-97, 104-106 |
| 10. Oct 28 | (exam 2) Eyes, Ears, Nose, Mouth, Throat Assessments | Chapters 15, 16, 17 In lab: pp 115-118, 125-128, 135-138 |
| 11. Nov 4 | Musculoskeletal Assessment | Chapter 23 CS: Eyes In lab: pp 208-212 |
| 12. Nov 11 Veterans Day |  | No lab. Work on HP project. |
| 13. Nov 18 | Gastrointestinal Assessment Genitourinary Assessment | Chapters 22, 25, 26, 27 CS: Abdomen In lab: pp 198-200, 234-236*, 242-244*, 252-256* (complete health histories, do not do physical assessments) |
| 14. Nov 25 THANKSGIVING |  | No lab |
| 15. Dec 2 | Complete Health Assessment | Chapters 28, 30, 32 CS: Complete Adult Assessment |

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| | | In lab: pp 257-268, 280-284, 305-309 |
| 16. Dec 9 | | FINAL HEAD-TO-TOE EXAMS |