



The course covers 10 competencies and represents 3 competency units.

Introduction

Overview

The Health Assessment course includes two performance assessments, a comprehensive health assessment in Shadow Health using an avatar and a Video Health Assessment on a person 18 years of age or older. The assessments focus on the nursing process, complete health assessment, and their relationship to the prevention and early detection of disease in clients across the lifespan. You will be introduced to the processes of health assessment: interviewing, history taking, and physical assessment. Dominant models, theories, and perspectives related to evidence-based health promotion and health education strategies are also covered. You should plan to spend four to six weeks completing the activities for this course.

Getting Started

Welcome to Health Assessment! This course will introduce and examine the key areas outlined in the Topics and Pacing guide. The Learning Resources include a textbook, key points to consider in your studies, chapter quizzes to assist in your review of content, Evolve learning modules and videos, and case studies to reinforce clinical learning. These will be linked under the various topics throughout the course. The Topics and Pacing outline organizes the learning materials into convenient modules of content to help you begin, move through, and complete the course. Ensure that you read through the Assessment Information section in the body of the course of study. There are two performance assessments associated with this course.

Competencies

This course provides guidance to help you demonstrate 10 competencies:

- **745.1. Health Assessment**
The graduate analyzes the context and influences that inform the processes and interpretations of a health assessment
- **745.1.2 Integumentary Assessment**
The graduate analyzes the findings of basic physical assessments of the integumentary system.
- **745.1.3 Eyes, Ears, Nose and Throat Assessment**
The graduate analyzes the findings of basic physical assessments of the head and neck, eyes, ears, nose, mouth, and throat.
- **745.1.4 Respiratory Assessment**
The graduate analyzes the findings of basic physical assessments of the respiratory system.
- **745.1.5 Cardiovascular, Peripheral Vascular, and Lymphatic Assessment**
The graduate analyzes the findings of basic physical assessments of the cardiovascular, peripheral vascular, and lymphatic systems.



- **745.1.6 Gastrointestinal and Renal Assessment**
The graduate analyzes the findings of basic physical assessments of the gastrointestinal and renal systems.
- **745.1.7 Musculoskeletal and Nervous System Assessment**
The graduate analyzes the findings of basic physical assessments of the musculoskeletal and nervous systems.
- **745.1.8 Reproductive, Breasts, and Axillae Assessment**
The graduate analyzes the findings of basic physical assessments of the reproductive systems, breasts, and axillae.
- **745.1.9 Mental Assessment**
The graduate analyzes the findings of basic physical assessments of the mental status.
- **745.1.10 Head-to-Toe Assessment**
The graduate analyzes the findings of head-to-toe physical assessments.

Nursing Dispositions Statement

Please review the following document: [Statement of Nursing Dispositions](#)

Accessibility Policy

[Accessibility Policy](#)

Preparing for Success

The information in this section is provided to detail the resources available for you to use as you complete this course.

Learning Resources

The learning resources listed in this section are required to complete the activities in this course. For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

Automatically Enrolled Learning Resources

You can access the learning resources listed in this section by clicking on the links provided throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

VitalSource E-Texts

The following textbook is available to you as an e-text within this course. You will be directly linked to the specific readings required within the activities that follow.

- [Jarvis, C. \(2016\). *Physical examination & health assessment* \(7th ed.\). St. Louis: Elsevier, Saunders. ISBN: 9781455728107](#)



Note: These e-texts are available to you as part of your program tuition and fees, but you may purchase a hard copy at your own expense through VitalSource or a retailer of your choice. If you choose to do so, please use the ISBN listed to ensure that you receive the correct edition. The following sites provide instruction on how to create a VitalSource account, use features such as downloading your e-texts for offline use, and purchase a print-on-demand option, if available.

[VitalSource Navigational Video](#)

[Print-On-Demand Option](#)

Elsevier Evolve

WGU New and Returning Students Please Note

Elsevier is making an update to their platform effective July 2, 2018. As part of this process you will be prompted to setup an account when you first access Elsevier resources. Please follow the instructions listed in this document to setup your account. This account setup is a one-time process.

For any questions related to Elsevier Evolve registration, please contact Elsevier Support at 1-800-222-9570. For other issues please contact the WGU HelpDesk at 1-877-HELP-WGU (877-435-7948) or <https://my.wgu.edu/student-support/it-service-desk>.

- [Elsevier Account Instructions](#)

The following online course is separate from the Jarvis e-text. You will be directly linked to the specific activities in Evolve throughout the course.

- Jarvis: Health Assessment Online for Physical Examination and Health Assessment, Version 4, 7th Ed. (2016).

Note: Do not click on links to access Evolve from inside the e-text such as this: <http://evolve.elsevier.com/Jarvis/>. They will ask you for a password to access.

The following online video library will be used to supplement the text. You will be linked to the video library resource and then scroll to each required video for this course

- Evolve Physical Examination and Health Assessment Video Series, Version 2, 1st Edition.

Shadow Health

The Shadow Health system is an exciting, important, and required component of this course. This evidence-based virtual reality simulation experience allows students to interview and examine digital standardized patients. The virtual health assessments help students build critical skills and abilities necessary for physical assessments.



The assignments in Shadow Health that you are required to complete are the **Digital Clinical Experience Orientation** and the **Comprehensive Assessment**. The access link and a step-by-step checklist for Shadow Health are found in the course section: **Assessment Information (below Module 5)**.

ATTENTION: Do not start this task until this course is in your current term. Any work in Shadow Health completed prior to course enrollment will not count toward task completion. Wait until the course is in your current term to begin this task.

Topics and Pacing

This topic and pacing overview suggests a balanced pacing structure for completion of the required learning activities. The topics provide guidance to help you demonstrate the 10 competencies required for this course. A module generally relates to the amount of work the average student should be able to complete in roughly a week. As you plan your studying within the Competency Based Model, you may be more knowledgeable in some topics than in others allowing you to adjust your pace. Please consult with your course instructor for assistance in determining your personal approach through the course.

Module 1

- Health Assessment
- Understanding the Health History
- Mental Assessment
- Overview of the Physical Exam

Module 2

- Integumentary System Assessment
- Head and Neck Assessment
- Eyes, Ears, Nose, and Throat

Module 3

- Respiratory System Assessment
- Cardiovascular, Peripheral Vascular, and Lymphatic System Assessment
- Peripheral Vascular System and Lymphatic System

Module 4

- Gastrointestinal and Renal Assessment
- Musculoskeletal System Assessment
- Nervous System Assessment

Module 5



- Reproductive Systems, Breasts, and Axillae Assessment
- Breasts and Axillae
- Male Reproductive System
- The Complete Health Assessment

Assessment Information

- Performance Assessment - Shadow Health
- Performance Assessment - Video Health Assessment

Note: This pacing guide does not replace the course. Please continue to refer to the course for a comprehensive list of the resources and activities.

Module 1

The activities in this section are provided to guide you through the instruction as you complete this course. This section covers Health Assessment; Understanding the Health History; Mental Assessment; and Overview of the Physical Exam.

Health Assessment

A comprehensive health assessment includes the client's health history, cultural considerations, spiritual issues, mental status presentation, physical exam, and identifies the nursing priorities relating to their care. Conducting the health assessment also considers the client's culture, spirituality, and any legal concerns they may have. The Healthy People 2020 initiative is an excellent guide to health indicators and should be reviewed thoroughly.

This topic addresses the following competency:

- **Competency 745.1.1 Health Assessment**
The graduate analyzes the context and influences that inform the processes and interpretations of a health assessment.

This topic addresses the following learning objectives:

- Identify factors that define health throughout the lifespan.
- Explain the legal and ethical implications when patients confide information.
- Explain the importance of culture in a health assessment.

Nurses in Interprofessional Teams

Nurses do not work alone. You will need to communicate with your patients, and also with other members of the interprofessional team. A nurse's communication responsibilities and strategies can be recalled by using the acronym SBAR. The following reading is specifically about a hospitalization setting, but you will soon learn to use this strategy for many communications.



Read the following information about SBAR in *Physical Examination & Health Assessment*.

- Page 804 In [Chapter 29 Bedside Assessment and Electronic Health Recording](#)

Understanding the Health History

Health history, which considers the cultural influence of clients, is the most important part of the client health assessment. A full 80% of information to make a correct diagnosis of needs and care is gleaned from the health history. Careful and complete recording of this history enhances the reliability of the diagnosis. The health history defines the concerns, identifies the risk factors, and assists in directing the physical exam.

This topic addresses the following competency:

- **Competency 745.1.1 Health Assessment**
The graduate analyzes the context and influences that inform the processes and interpretations of a health assessment.

This topic addresses the following learning objectives:

- Identify the steps in the broad to narrow interviewing technique.
- Distinguish between subjective and objective information.
- Recognize the impact of genomic information in the health history.

Evidence-Based Assessment

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 1 Evidence-Based Assessment](#)
- [Chapter 1 Quiz](#)
- [Key Points](#)

Cultural Competence

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 2 Cultural Competence: Cultural Care](#)
- [Chapter 2 Quiz](#)
- [Key Points](#)

The Interview



Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 3 The Interview](#)
- [Chapter 3 Quiz](#)
- [Key Points](#)

The Complete Health History

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 4 The Complete Health History](#)
- [Chapter 4 Quiz](#)
- [Key Points](#)

Mental Health Assessment

A comprehensive exam includes a Mental Health Assessment. This is a basic screening which can directly affect the evaluation of all other systems throughout the exam.

This topic addresses the following competency:

- **Competency 745.1.9 Mental Assessment**
The graduate analyzes the findings of basic mental health assessment.

This topic addresses the following learning objectives:

- Identify the areas assessed in the mental status examination.
- Identify the symptoms that indicate need for mental health screening.

Mental Status Assessment

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 5 Mental Status Assessment](#)
- [Chapter 5 Quiz](#)
- [Key Points](#)

Evolve: Case Study

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case study:



- Mood Assessment

Overview of the Physical Exam

The physical exam complements the health assessment. It is the tool used to further refine our information regarding the health of the client.

This topic addresses the following competency:

- **Competency 745.1.1 Health Assessment**
The graduate analyzes the context and influences that inform the processes and interpretations of a health assessment.

This topic addresses the following learning objectives:

- Identify the steps to prepare a patient for a physical exam.
- Recognize the appropriate sequence of a physical exam.

Assessment Techniques and the Clinical Setting

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 8 Assessment Technique and the Clinical Setting](#)
- [Chapter 8 Quiz](#)
- [Key Points](#)

General Survey, Measurement, Vital Signs

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print

- [Chapter 9 General Survey, Measurement, Vital Signs](#)
- [Chapter 9 Quiz](#)
- [Key Points](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case studies:

- Dizziness
- Vital Signs

Module 2



The activities in this section are provided to guide you through the instruction as you complete this course. This section covers Integumentary System and Eyes; Ears, Nose, and Throat Assessment.

Integumentary System Assessment

The integumentary system is the largest organ of the body, serving as a protective barrier which also maintains thermoregulation and fluid balance. Examination of this system provides valuable information about nutrition, hydration, various diseases, and infection/infectious conditions. Assessment of the integumentary system is crucial not only for assessment of health issues but also for prevention of disease.

This topic addresses the following competency:

- **Competency 745.1.2 Integumentary Assessment**
The graduate analyzes the findings of basic physical assessments of the integumentary system.

This topic addresses the following learning objectives:

- Explain the process and physical examination techniques for performing an integumentary exam.
- Distinguish between normal and abnormal findings of the integumentary exam.

Integumentary System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 12 Skin, Hair, and Nails](#)
- [Chapter 12 Quiz](#)
- [Key Points](#)

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Skin, Hair, and Nails](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case studies:



- Skin Irritation
- Skin Lesions

Head and Neck Assessment

During the head and neck assessment attention is directed to the cranium, face, neck, neck muscles, cervical vertebrae, the jugular veins and carotid arteries. The thyroid gland and lymphatic structures of the head and neck are also included in this important assessment.

This topic addresses the following competency:

- **Competency 745.1.3 Eyes, Ears, Nose, and Throat Assessment**
The graduate analyzes the findings of basic physical assessments of the head and neck, eyes, ears, nose, mouth and throat (HEENT)

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a HEENT exam.
- Distinguish between normal and abnormal findings of the HEENT exam.

Head, Face, Neck and Regional Lymphatics

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 13 Head, Face, and Neck, Including Regional Lymphatics](#)
- [Chapter 13 Quiz](#)
- [Key Points](#)

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus include the *Objective Data and Abnormal Findings*. Complete the following learning module:

- [Head, Face and Neck](#)

Eyes

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 14 Eyes](#)
- [Chapter 14 Quiz](#)
- [Key Points](#)



HEENT Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Head Assessment](#)

[Eye Assessment](#)

[Ear Assessment](#)

- Introduction
- Anatomy Review
- Head Examination
- Eye Examination
- Ear Examination
- Bonus Material

Complete viewing the [Nose, Mouth, Throat and Neck Assessment](#) video.

- Introduction
- Anatomy Review
- Physical Examination - Nose Examination
- Physical Examination - Mouth and Throat
- Physical Examination - Neck Examination
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus include the *Objective Data and Abnormal Findings*. Complete the following learning module:

- [Eyes](#)

Ears

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 15 Ears](#)
- [Chapter 15 Quiz](#)
- [Key Points](#)

Evolve: Self-Paced Learning Module



The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus include the *Objective Data and Abnormal Findings*. Complete the following learning module:

- [Ears](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case study:

- Hearing Deficit

Nose, Mouth, and Throat

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 16 Nose, Mouth, and Throat](#)
- [Chapter 16 Quiz](#)
- [Key Points](#)

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data and Abnormal Findings*. Complete the following learning module:

- [Nose, Mouth, and Throat](#)

Module 3

The activities in this section are provided to guide you through the instruction as you complete this course. This section covers Respiratory System Assessment and Cardiovascular, Peripheral Vascular, and Lymphatic System Assessment.

Respiratory System Assessment

The respiratory system assessment is inclusive of the chest and lungs, character and rate of respirations, oxygenation status and the system's crucial relationship with the cardiac system. Respiratory assessment also involves the identification of risk factors for disease.

This topic addresses the following competency:



- **Competency 745.1.4 Respiratory Assessment**

The graduate analyzes the findings of basic physical assessments of the respiratory system.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a respiratory system exam.
- Distinguish between normal and abnormal findings of the respiratory system exam.

Thorax and Lungs

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 18 Thorax and Lungs](#)
- [Chapter 18 Quiz](#)
- [Key Points](#)

Thorax and Lung Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos.

[Thorax and Lung Assessment](#)

- Introduction
- Anatomy Review
- Physical Examination - Posterior Thorax
- Physical Examination - Anterior Thorax
- Bonus Material

Evolve: Self-Paced Learning Module

The Learning module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Thorax and Lungs](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case studies:



- Exacerbation of COPD
- Persistent Cough
- Respiratory Assessment
- Respiratory Problems

Cardiovascular, Peripheral Vascular, and Lymphatic System Assessment

These three systems work together to maintain physiological homeostasis. Each system has its own assessment but all three are interrelated. The cardiovascular system provides essential clinical information and indicates the overall health of the client and. Deficits in this system are often evident in the exam.

This topic addresses the following competency:

- **Competency 745.1.5 Cardiovascular, Peripheral Vascular, and Lymphatic Assessment**
The graduate analyzes the findings of basic physical assessments of the Cardiovascular, Peripheral Vascular, and Lymphatic systems.

This topic highlights the following objectives:

- Describe the normal heart sounds and the physiological event in the cardiac cycle that creates them.
- Explain the process and physical examination techniques for performing a cardiovascular exam.
- Distinguish between normal and abnormal findings of the cardiovascular exam.

Cardiovascular, Heart, and Neck Vessels

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 19 Heart and Neck Vessels](#)
- [Chapter 19 Quiz](#)
- [Key Points](#)

Cardiovascular System: Heart and Neck Vessels Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Cardiovascular System: Heart and Neck Vessels Assessment](#)



- Introduction
- Anatomy Review
- Neck Vessel Examination
- Heart Examination
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Heart and Neck Vessels](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case studies:

- Chest Pain
- Shortness of Breath

Peripheral Vascular and Lymphatic Systems

The peripheral vascular and lymphatic exams are able to show important indicators of physiologic well-being. Like the other assessments you've studied, these assessments can also help to diagnose disease and are useful in client education and prevention.

This topic addresses the following competency:

- **Competency 745.1.5 Cardiovascular, Peripheral Vascular, and Lymphatic Assessment**
The graduate analyzes the findings of basic physical assessments of the Cardiovascular, Peripheral Vascular, and Lymphatic systems.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a peripheral vascular and lymphatic exam.
- Distinguish between normal and abnormal findings of the peripheral vascular and lymphatic exam.

Peripheral Vascular System and Lymphatic System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.



- [Chapter 20 Peripheral Vascular System and Lymphatic System](#)
- [Chapter 20 Quiz](#)
- [Key Points](#)

Peripheral Vascular and Lymphatic Systems Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Cardiovascular System: Peripheral Vascular System and Lymphatics Assessment](#)

- Introduction
- Anatomy Review
- Physical Examination
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data and Abnormal Findings*. Complete the following learning module:

- [Peripheral Vascular System and Lymphatic System](#)

Module 4

The activities in this section are provided to guide you through the instruction as you complete this course. This section covers Gastrointestinal and Renal System; Musculoskeletal System; and Nervous System Assessment.

Gastrointestinal and Renal Assessment

Assessment of the gastrointestinal (GI) and renal systems involve examining the abdomen. These two systems contribute separately to the body's status, but do work in conjunction to affect hydration, nutrition and elimination of waste.

This topic addresses the following competency:

- **Competency 745.1.6 Gastrointestinal and Renal Assessment**
The graduate analyzes the findings of basic physical assessments of the Gastrointestinal and Renal systems.

This topic highlights the following objectives:



- Explain the process and physical examination techniques for performing a gastrointestinal and renal system exam.
- Distinguish between normal and abnormal findings of the gastrointestinal and renal system exam.

Abdomen

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 21 Abdomen](#)
- [Chapter 21 Quiz](#)
- [Key Points](#)

Abdominal Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Abdomen Assessment](#)

- Introduction
- Anatomy Review
- Abdomen Examination
- Summary
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Abdomen](#)

Musculoskeletal and Nervous System Assessment

The musculoskeletal system provides a framework, support and protection of vital organs, while the nervous system conducts sensory information throughout the body. These two systems work together to elicit movement. Assessment of client's strength and coordination abilities is key. Deficits in either system can lead to adverse health effects in clients' activities of daily living and ability to perform self-care.



This topic addresses the following competency:

- **Competency 745.1.7 Musculoskeletal and Nervous System Assessment**
The graduate analyzes the findings of basic physical assessments of the Musculoskeletal and Nervous Systems.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a musculoskeletal system exam.
- Distinguish between normal and abnormal findings of the musculoskeletal system exam.
- Identify the cranial nerves and their motor and sensory functions.
- Explain the process and physical examination techniques for performing a nervous system exam.
- Distinguish between normal and abnormal findings of the nervous system exam.

Musculoskeletal System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 22 Musculoskeletal System](#)
- [Chapter 22 Quiz](#)
- [Key Points](#)

Musculoskeletal Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Musculoskeletal System Assessment](#)

- Introduction
- Anatomy Review
- Musculoskeletal Exam - Examination Order
- Musculoskeletal Exam - Head and Neck
- Musculoskeletal Exam - Upper Body
- Shoulders
- Elbows
- Wrists and Hands
- Musculoskeletal Exam - Lower Body
- Musculoskeletal Exam - Spine
- Bonus Material



Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Musculoskeletal System](#)

Evolve: Case Studies

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case studies:

- Joint Pain
- Numbness in Hands

Neurologic System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 23 Neurologic System](#)
- [Chapter 23 Quiz](#)
- [Key Points](#)

Neurological Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete the following assessment videos:

[Neurologic System: Motor System and Reflexes](#)

- Introduction
- Anatomy Review
- Physical Examination - Motor System
- Physical Examination - Reflex Exam
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:



- [Neurologic System](#)

Evolve: Case Study

The Case Studies are short problem-based scenarios where you can apply your assessment skills and "View Correct Answers" as you go. Access [Evolve](#) and complete the following case study:

- Seizures

Module 5

The activities in this section are provided to guide you through the instruction as you complete this course. This section covers Breasts and Axillae; Male Reproductive System; and The Complete Health Assessment.

Reproductive Systems, Breasts, and Axillae Assessment

Reproductive assessment for both male and female is important in client education, identification and prevention of disease and ascertaining reproductive health potential. When developmentally appropriate, family planning needs are included. Consideration of cultural practices, sexual habits, identity and preferences are all integral to the assessment.

This topic addresses the following competency:

- **Competency 745.1.8 Reproductive, Breast, and Axillae Assessment**
The graduate analyzes the findings of basic physical assessments of the Reproductive System, Breasts, and Axillae.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a reproductive systems exam.
- Distinguish between normal and abnormal findings of the reproductive systems exam.

Female Genitourinary System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 26 Female Genitourinary System](#)
- [Chapter 26 Quiz](#)
- [Key Points](#)

Female Genital Assessment Video



Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading

Complete viewing the assessment videos:

[Female Genitalia, Anus and Rectum](#)

- Introduction
- Anatomy Review
- Physical Examination - Female Genitalia Exam
- Physical Examination - Anus and Rectum Exam
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Female Genitourinary System](#)

Breasts and Axillae

Breast assessment is an essential component of a comprehensive health assessment for both female and male clients. Early detection of changes in the breasts can lead to improved health outcomes.

This topic addresses the following competency:

- **Competency 745.1.8 Reproductive, Breast, and Axillae Assessment**
The graduate analyzes the findings of basic physical assessments of the Reproductive System, Breasts, and Axillae.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a breast and axillae exam.
- Distinguish between normal and abnormal findings of the breast and axillae exam.

Breasts and Regional Lymphatics

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 17 Breasts and Regional Lymphatics](#)



- [Chapter 17 Quiz](#)
- [Key Points](#)

Breasts and Regional Lymphatics Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the assessment videos:

[Breasts and Regional Lymphatics](#)

- Introduction
- Anatomy Review
- Breast and Lymphatic Exam - Inspection
- Breast and Lymphatic Exam - Palpation
- Breast and Lymphatic Exam - Male Breast Exam
- Breast and Lymphatic Exam - Teaching
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Breasts and Regional Lymphatics](#)

Male Reproductive System

The reproductive system is integral to the physical assessment. Consideration of sex, sexual preferences, and culture are important in the assessment. Also, included in this section is the urinary system.

This topic addresses the following competency:

- **Competency 745.1.8 Reproductive, Breast, and Axillae Assessment**
The graduate analyzes the findings of basic physical assessments of the Reproductive System, Breasts, and Axillae.

This topic highlights the following objectives:

- Explain the process and physical examination techniques for performing a reproductive systems exam.
- Distinguish between normal and abnormal findings of the reproductive systems exam.



Male Genitourinary System

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 24 Male Genitourinary System](#)
- [Chapter 24 Quiz](#)
- [Key Points](#)

Male Genital Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

Complete viewing the following assessment videos:

[Male Genitalia, Anus, Rectum and Prostate](#)

- Introduction
- Anatomy Review
- Male Genitalia Exam
- Rectal Exam
- Bonus Material

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:

- [Male Genitourinary System](#)

Anus, Rectum, and Prostate

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print

- [Chapter 25 Anus, Rectum, and Prostate](#)
- [Chapter 25 Quiz](#)
- [Key Points](#)

Evolve: Self-Paced Learning Module

The Self-Paced Learning Module builds upon the chapter reading with interactive activities and digital content to help you master each body system assessment. Areas to focus on include the *Objective Data* and *Abnormal Findings*. Complete the following learning module:



- [Anus, Rectum, and Prostate](#)

The Complete Health Assessment

Assessment of individual systems is finally integrated into the complete health assessment.

This topic addresses the following competency:

- **Competency 745.1.10 Head-to-Toe Assessment**
The graduate analyzes the findings of head-to-toe physical assessments.

This topic highlights the following objectives:

- Identify the proper sequence for conducting a head-to-toe assessment.
- Describe variations in approach to head-to-toe assessment based on age and gender.
- Differentiate between a head-to-toe and focused assessment and when to use each type.
- Analyze the assessment findings and history for system assessed.

The Complete Health Assessment

Read the following section in *Physical Examination & Health Assessment* and complete the Chapter Quiz. The "Key Points" are also available to download or print.

- [Chapter 27 The Complete Health Assessment: Putting It All Together](#)
- [Chapter 27 Quiz](#)
- [Key Points](#)

Full Head to Toe Assessment Video

Depending on your preferred learning style, watch the full system assessment video before or after the chapter reading.

[Head-to-Toe Examination of the Normal Adult](#)

- Introduction
- General Appearance
- Head-to-Toe Exam - Measurements Through Vital Signs
- Head-to-Toe Exam - Head and Neck
- Head-to-Toe Exam - Chest, Arms and Abdomen
- Head-to-Toe Exam - Legs, Neurologic System and Neuromuscular Function
- Head-to-Toe Exam - Genitalia and Rectum

Assessment Information



The following activities will help you through the assessment process.

Assessment Information

The following information is provided to support your progress through each assessment in this course.

Performance Assessment - Shadow Health

The two assignments in Shadow Health you are required to complete are the **Digital Clinical Experience (DCE) Orientation** and the **Comprehensive Assessment**. You are able to explore the other concept labs and system assessment simulations listed on the Shadow Health Assignments page as well.

Your objective is to complete a Comprehensive Health Assessment on Tina Jones in a clinical setting. You should consider this an assignment that you are working on and not a pass/fail scenario. The passing standard will be determined by the amount of findings you discover in two types of interactions with Tina. First you will collect Health History data by typing your questions and then responding to her answers. Then you will move into the Physical Exam portion of Head-to-Toe exam techniques which you will complete with your computer mouse clicks. When you finish the Physical Exam you can submit for immediate feedback and scoring. If you don't meet the 75% benchmark then, you can re-open the Comprehensive Assessment attempt and interact with Tina to uncover additional findings. The Comprehensive Assessment first attempt can be re-opened multiple times until the benchmark is met.

The checklist below is designed to support students through each aspect of the Shadow Health assignment and includes links to help resources:

- Access Shadow Health Checklist: [Shadow Health Checklist](#)
- **Access Shadow Health:** [Shadow Health](#)

For technical assistance with Shadow Health contact the Shadow Health Help Desk at 1(800)860-3241.

If you feel unsure about how to complete the assignment, or if you would like additional help understanding the various aspects of the Comprehensive Assessment, contact a course instructor.

ATTENTION: Do not start this task until this course is in your current term. Any work in Shadow Health completed prior to course enrollment will not count toward task completion. Wait until the course is in your current term to begin this task.

Performance Assessment - Video Health Assessment

For this performance assessment, you will record yourself doing a head-to-toe assessment on a person at least 18 years of age in a home setting. You will need a computer with a webcam. You will be provided with a Panopto video recorder and the Physical Assessment Documentation Form



(PADF) that lists the skills that must be included in your video. Please closely follow the instructions listed within the assessment task to appropriately complete the Video Health Assessment. We recommend you review the Video Health Assessment Success Guide prior to recording your video. The Video Health Assessment Success is linked in the assessment task.

For any technical issues associated with Panopto, send an email to assessmentsservices@wgu.edu and include your student ID number, your phone number, and some optional time frames for contact.

If you have questions about this task, please contact your assigned course instructor or send an email to the following C349 shared inbox email address located here: nsga@wgu.edu.

Please Note: If you make a mistake while recording, you should verbalize your correction(s) (if appropriate) and then re-perform the technique prior to ending the recording, or you may record an addendum video. If you record an addendum video both videos would then need to be submitted for evaluation. In your submission, you will need to attach the recorded health assessment and addendum video in the Web Links section.

However, if you submit a video, it is evaluated, and it is determined to not meet the minimum score requirement, you will need to record a new video. A new patient consent form and a PADF that corresponds to the new video must also be included with the resubmission. Please refer to the instructions listed in the task for additional details.