NURS 3414 HEALTH ASSESSMENT
COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Instructor: **Natalie Ortiz, MSN, RN**
Office Location: **Nursing Building, Room 237**
Office Hours: **By appointment**
Office Phone: **903-886-5315**
Office Fax: **903-886-5729**
University Email Address: **Natalie.Ortiz@etamu.edu**

Preferred Form of Communication**:** email
Communication Response Time: Two business days

COURSE INFORMATION

Course Description

Presents concepts and principles underlying health assessment conducted by the professional nurse; Emphasizes interviewing skills, and data collection skills related to health history, physical, and psychosocial assessments; Develops communication skills; Evaluates student competency by skill demonstration and didactic testing.

By the end of the course, students will be able to demonstrate a thorough understanding of health assessment concepts and skills and apply this knowledge to nursing practice, ensuring safe and effective patient assessment and patient care.

Student Learning Outcomes
By the end of the course, the student will be able to:

1. Apply principles of history taking in the health assessment process of individuals. (PLO 1, 2; AACN Essentials 1, 2)
2. Conduct a complete health history, including environmental exposures and a family history that recognizes genetic risks, and identifies current and future health problems. (PLO 1, 2; AACN Essentials 1, 2, 8, 9)
3. Demonstrate developmentally and culturally appropriate physical assessment skills including focused physical, behavioral, psychological, socioeconomic, and environmental assessments of health and illness parameters according to established criteria. (PLO 1; AACN Essentials 1, 2, 5)

4. Document individual problems and needs from health history and physical assessment data. (PLO 1, 2, 8; AACN Essentials 1, 8, 9)
5. Compare and contrast nursing roles and responsibilities related to health assessment and health promotion. (PLO 2, 4; AACN Essentials 1, 6, 9)
6. Demonstrate responsibility for independent self-evaluation and learning. (PLO 5; AACN Essentials 10)

Textbook(s)/Access Required

ATI HealthAssess 3.0

Software Required

- Microsoft® Office Suite, ExamSoft Examplify, Learning Management System (LMS) student account; Project**Concert** student account

Grading
Final grades in this course will be based on the following scale and assessments:

A = 90%-100%   B = 80%-89%   C = 75%-79%   D = 60%-74%   F = Below 60%

Assessments	Weight	SLO
Exams	50%	1,2,3,4,5,6
• Unit Exams (3 @ 12% each)		
• Comprehensive Final Exam (14%)		
Complete Health History	10%	1,2
Assessment Competency Check-off #1	15%	1,2,3,4
Assessment Competency Check-off #2	15%	1,2,3,4
ATI HealthAssess 3.0 Virtual Simulations	10%	1,2,3,4,5,6
Lab Practice (60 hours)	Pass/Fail	1,2,3,4,5,6
• Supervised (46 hours)		
• Unsupervised (14 hours)		
TOTAL	100%	

To pass this course, the student must:

1. **achieve a minimum exam grade average of 75%**
2. **pass the lab portion of the course**
3. **complete and submit all required assignments**
4. **achieve a final course grade of 75% or higher**

Assessment Overview

- **Exams**
    - ○ Three unit exams are scheduled for the course, plus a final exam. See the course schedule for the date, time and content of each exam.

The syllabus/schedule are subject to change.

- Unit exams are NOT comprehensive and are given in a computer lab and are timed.
- The final exam is comprehensive.
- Students are responsible for making appointments with their assigned faculty to review exams or to discuss failing grades.
- The window for exam review is only open until the date of the next exam.

- **ATI HealthAssess 3.0 Modules**
  - *Learning Modules*
    - Learning modules are assigned each week as pre-work.
    - Learning modules must be completed prior to the assigned lab session.
    - Completion of the assigned modules each week serve as lab prework and a "Ticket to Lab."
    - Students without a "Ticket to Lab" will not be permitted into the lab session until the pre-work is completed.
    - If a student does not have a "Ticket to Lab" on three occasions, the student will fail the course.
    - All missed lab time must be completed during open lab hours.
  - *Virtual Simulations*
    - Virtual simulations allow learners to step into the nurse's role and engage with virtual clients by performing a focused assessment addressing one body system or area of practice, identifying expected findings, and reviewing and documenting findings in an EHR chart.
  - **Students must complete all assigned modules to pass the course.**
    - ATI tracks the amount of time each student spends on each module.
    - Students will not receive credit for the module unless the recommended amount of time is recorded for each module.

- **Supervised Lab Practice**
  - Each student must complete 45 hours of lab/clinical time in the course.
  - Supervised lab time includes practice sessions in groups in the campus lab setting.
  - Students should review appropriate anatomy prior to class and come prepared via reading in text and laboratory manual, review of posted D2L content and practice sheets.
  - Practice sheets are posted in D2L for each unit as listed on the class schedule.

The syllabus/schedule are subject to change.

- **Open Lab Practice**
    - o Each student will complete 14 hours of unsupervised lab practice in open lab during weeks 12, 13, 14, and 15.

- **Health History**
    - o A health history must be completed on a family member or close friend and must be turned in electronically by 2100 (under Assignments tab) by the due date listed on the course calendar.

- **Assessment Competency Check-off #1**
    - o Students will demonstrate beginning competence in performing and documenting a comprehensive health history and 15-minute physical assessment:
        - General survey
        - Health history
        - Skin
        - Head, neck, and neurological
        - Respiratory
        - Cardiovascular
        - Abdomen
        - Musculoskeletal & neurological

- **Assessment Competency Check-off #2**

    - o Students will demonstrate competence in performing and documenting a complete 15-minute head-to-toe physical assessment:
        - General survey
        - Skin
        - Head, neck, and neurological
        - Respiratory
        - Cardiovascular
        - Breast and lymphatics
        - Abdomen
        - Rectum and genitourinary
        - Musculoskeletal and neurological

Course Specific Procedures/Policies

BSN Program Student Guide
Specific information for students regarding nursing program policies and procedures can be found in the BSN Program Student Guidebook located in the Nursing Success

The syllabus/schedule are subject to change.

Coaching Course in the LMS. Students are for responsible for reviewing and following the policies and procedures provided in the student guidebook.

Syllabus Change Policy
The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor(s) to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

Class and Clinical Conduct
Please turn off or silence, and put away all cell phones, pagers, iPods, headphones, etc., before entering the classroom lab, sim hospital, or clinical setting. No obscene or vulgar language will be permitted. Faculty reserve the right to drop a student for violations of any student conduct rules listed in the student guide.

Students must also adhere to the expected clinical behaviors. Any instance of violation of any of the objectives listed in the Student Performance and Behaviors Evaluation Form may result in clinical suspension, receipt of a Student Performance and Behaviors Evaluation form, failure of clinical, failure of the course, and/or removal from the nursing program. See Student Guide for additional information.

Class Policies

1. Class Cancellation: If a class is canceled, the student is expected to do the readings and complete the objectives for that day. The content will still be included in examinations. The material in this syllabus and dates identified in the Course Calendar are subject to change.
2. Class attendance is expected. The students should notify the course coordinator in advance of any absence.
3. Exam dates are listed in each course syllabus, and the student is expected to be present for exams. If the student will be absent, the course coordinator must be notified in advance. Failure to do so may result in the student receiving a zero for the missed exam or quiz. Review the BSN Student Guide for the exam absence process.
4. As an adult learner and responsible professional, the student is responsible for reading and completing assignments prior to class and for being prepared to participate in discussions over the assigned material. It should not be expected that all material would be covered in class. Students are expected to come to class prepared.

Clinical/Lab Policies

1. Clinical attendance is mandatory. Refer to the BSN Student Guide for clinical attendance policy information. Violation of the clinical attendance policy may result

The syllabus/schedule are subject to change.

in the student receiving a Student Performance and Behaviors Evaluation Form and may lead to failure of the clinical portion of the course.

2. Immunizations, CPR, and TB status must be current for students to be able to attend clinical experience at the assigned clinical location. Suspension from clinical for failure to maintain required immunizations will be considered an absence.
3. Students are expected to meet clinical expectations outlined in the clinical evaluation tool.
4. Based on student learning needs, the faculty will determine the appropriate amount of time and clinical assignments needed to assess student growth. Faculty may require additional assignments and clinical work to ensure students have met clinical objectives. Students are expected to comply with any additional assignments or clinical hours assigned.
5. Students are expected to prepare for clinical practice in order to provide safe, competent care.
6. Clinical assignments must be completed on time and submitted to the clinical instructor as directed. No exceptions without prior permission from the instructor.

Paper Submissions
All documents submitted online are to be in .docx, .rtf, or .pdf format. No other formats will be accepted (JPEG, GIF, etc.). Assignments need to be submitted in a maximum of one document per assignment. Failure to follow these guidelines will result in a grade of "0" on the assignment.

Late Submissions
Class and clinical assignments must be submitted on time. If an extension is needed, a request must be submitted to the course coordinator before the assignment is due. Extension approval is at the discretion of the course coordinator.

Unexcused late assignments will be penalized 10% per day for each of the first two days overdue; on the 3rd day, the grade will be assigned as 0%. Communication on these matters is the student's responsibility. Multiple instances of late assignments will result in receipt of a Student Performance and Behaviors Evaluation Form and, possibly, failure of clinical/course.

Computer Privacy Screens
Students are required to purchase a computer privacy screen for use during all computerized exams.

Minimal Technical Skills Needed
Students must have an adequate working knowledge of the learning management system, Leomail, Microsoft Office Suite, Examplify, ProjectConcert, and ATI online products.

Instructional Methods
Teaching methods include lectures, seminars, discussion, small group work, independent study of texts and library resources, computer-assisted instruction, audio-

visual aids, and assignments. While the professor will provide guidance and consultation, the student is responsible for identification of learning needs, self-direction, seeking consultation, and demonstration of course objectives.

Student Responsibilities or Tips for Success in the Course
- Logging into the course website and email regularly for faculty communication (especially the night before class/clinical)
- Updating semester calendar with communicated changes
- Studying a minimum of 2-3 hours per course credit hour per week. For example, 5-credit course = 10 to 15 hours of study each week.
- Attending all class meetings, clinical hours, seminars and simulations
- Reviewing and remediating examinations and assessments
- Preparing for class before entering the classroom

ATI Standardized Practice & Learning Material/Assessments:
ETAMU School of Nursing utilizes Assessment Technologies Institute (ATI) assessment materials (content mastery practice assessments and content mastery proctored assessments) to guide and assess mastery of nursing content necessary for entry into practice. Specific ATI assessment and grading guidelines are outlined in the document entitled "ATI Content Mastery Series (CMS) Assessment Grading Rubric" in the LMS module folder entitled "ATI Assessment Grading Rubric".

Group Work
All members of the group will receive the same grade on any group work. However, a student can be removed from his/her team if the other students in the group come to the instructor and report that a student is not doing his/her fair share of the work. If that happens, the instructor will notify the student in writing. The student will then be responsible for doing the assignment on his/her own. It is expected that the group will make the attempt to resolve the situation within the group before instructor intervention.

TECHNOLOGY REQUIREMENTS

LMS
All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:
https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

The syllabus/schedule are subject to change.

https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:
https://community.brightspace.com/support/s/contactsupport

Interaction with Instructor

Communication between faculty and students is important for success. If a face-to-face meeting is desired, an appointment should be made in advance. Students will be treated with respect and are expected to communicate likewise.

The nursing department faculty and staff follow and expect students to follow the chain of command in all academic matters. If problems arise in a course, the student should first contact the instructor, then proceed as needed to the course coordinator, then the program coordinator, then the department head for nursing, and finally the college dean.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

The syllabus/schedule are subject to change.

http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:
https://www.britannica.com/topic/netiquette

ETAMU Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03
Undergraduate Student Academic Dishonesty Form

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf

Graduate Student Academic Dishonesty Form

http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

Artificial Intelligence (AI) Use Policy

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

The *syllabus/schedule are subject to change.*

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors 'guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.
13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides reasonable accommodation for their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

> East Texas A&M University
> Velma K. Waters Library Rm 162
> Phone (903) 886-5150 or (903) 886-5835
> Fax (903) 468-8148
> Email: studentdisabilityservices@tamuc.edu
> Website: Office of Student Disability Resources and Services
> http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC)

46.035 and East Texas A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf
Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

The Counseling Center at East Texas A&M, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/

Department of Nursing Regulatory and Accrediting Agency Information

The East Texas A&M University Department of Nursing has full approval by the [Texas Board of Nursing](#).

Texas Board of Nursing
1801 Congress Avenue, Suite 10-200
Austin, TX 78701-3944
P: 512-305-7400, F: 512-305-7401
webmaster@bon.texas.gov

The baccalaureate degree program in nursing and the master's degree program in nursing at East Texas A&M University are accredited by the [Commission on Collegiate Nursing Education](#).

Commission on Collegiate Nursing Education
655 K Street NW, Suite 750
Washington, DC 20001
202-887-6791

The *syllabus/schedule are subject to change.*

NURS 3414 HEALTH ASSESSMENT
COURSE SCHEDULE

Week	Course Content Online	Lab Assignments/Due Dates
Week 1 **1/13/2026**	• Course Orientation Group 1: 0800-1000 Group 2: 1300-1500 • HealthAssess 3.0 Learning Modules ○ Introduction to health assessment ○ General survey	• HealthAssess 3.0 Virtual Application ○ Amira Hill - General survey **Due: 1/13/2026 by end of lab** Group 1: 1000-1200 Group 2: 1500-1700 [2 lab hours]
Week 2 **1/20/2026**	• HealthAssess 3.0 Learning Module ○ Health history ○ Skin	• HealthAssess 3.0 Virtual Application ○ Amira Hill - Health history **Ticket to lab** ○ Jeremy Reilly **Ticket to lab** **Ticket to lab Due 1/19/26 @2359** Group 1: 0800-1200 Group 2: 1300-1700 [6 lab hours]
Week 3 **1/27/2026**	• **Exam 1 - Lab 290** Group 1: 0800-0900 Group 2: 1300-1400 • HealthAssess 3.0 Learning Module ○ Head, neck, & neurological	• HealthAssess 3.0 Virtual Application ○ Deion Barnes **Due 1/27/26 by end of lab** Group 1: 0900-1200 Group 2: 1300-1700 [3 lab hours]
Week 4 **2/3/2026**	• HealthAssess 3.0 Learning Module ○ Respiratory	• HealthAssess 3.0 Virtual Application ○ Lea Seko - **Ticket to lab** **Due 2/2/26 @2359** Group 1: 0900-1200 Group 2: 1400-1700 [4 lab hours]
Week 5 **2/10/2026**	• HealthAssess 3.0 Learning Module ○ Cardiovascular	• HealthAssess 3.0 Virtual Application ○ Doris Anderson - **Ticket to lab** ○ **Due 2/09/26 @ 2359** Group 1: 0800-1200 Group 2: 1300-1700 [5 lab hours]

The *syllabus/schedule are subject to change.*

Week	Course Content Online	Lab Assignments/Due Dates

Week 6
2/17/2026
	• **Exam 2 - Lab 290**
	
	    Group 1: 0800-0900
	    Group 2: 1300-1400
	
	• HealthAssess 3.0 Learning Module
	    ○ Abdomen
	    ○ Musculoskeletal & neurological
		• HealthAssess 3.0 Virtual Application
		    ○ Tamika Shaw
		    ○ Ryan Martinez
		    Due 2/17/26 by end of lab
		
		    Group 1: 0900-1200
		    Group 2: 1400-1700
		
		[3 lab hours]

Week 7
2/24/2026
	• HealthAssess 3.0 Learning Module
	    ○ Head-to-toe
		• HealthAssess 3.0 Virtual Application
		    ○ Timothy Lee - **Ticket to lab**
		    Due 2/23/26 by @ 2359
		
		    Group 1: 0800-1200
		    Group 2: 1300-1700
		
		[5 lab hours]

Week 8
3/3/2026
	• Check-off #1
	    ○ Review systems
	    ○ Review head-to-toe **shift assessment**
		• Health History **Due 3/2/36 @ 2359**
		• Demonstrate developing competency in a head-to-toe assessment on partner <mark>Schedule to be posted</mark>
		• Lab practice Head-to-toe assessment
		
		    Group 1: 0800-1200
		    Group 2: 1300-1700
		
		[5 lab hours]

3/9-3/13		

Week 9
3/17/2026
	• **Exam 3 - Lab 290**
	
	    Group 1: 0800-0900
	    Group 2: 1300-1400
	
	• HealthAssess 3.0 Learning Module
	    ○ Rectum and genitourinary
		• Urinary health patient teaching plan
		    Due 3/17/26 by end of lab
		
		    Group 1: 0900-1200
		    Group 2: 1400-1700
		
		[3 lab hours]

The *syllabus/schedule are subject to change.*

Week	Course Content Online	Lab Assignments/Due Dates
Week 10 **3/24/2026**	• HealthAssess 3.0 Learning Module o Breast and lymphatics o <u>ACS Breast cancer screening guidelines</u> <u>Johns Hopkins Breast Self-Awareness Tips</u>	• Breast self-awareness teaching plan for "average risk" woman or man **Ticket to lab Due 3/23/26 @ 2359** Group 1: 0800-1200 Group 2: 1300-1700 [5 lab hours]
Week 11 **3/31/2026**	• HealthAssess 3.0 Learning Module o Older adult	• HealthAssess 3.0 Virtual Application o Claudia Pacheco - **Ticket to lab Due 3/30/26 @ 2359** Group 1: 0800-1200 Group 2: 1300-1700 [5 lab hours]
Week 12 **4/7/2026**	• Check-off # 2 o Review systems o Review head-to-toe **shift assessment**	• Demonstrate competence in performing and documenting a general survey and head-to-toe physical assessment. <mark>Schedule to be posted</mark> • Lab practice Head-to-toe assessment Group 1: 0800-1200 Group 2: 1300-1700 [4 lab hours]
Week 13 **4/14/2026**	• Review systems • Review head-to-toe **shift assessment**	• Lab practice Head-to-toe assessment Group 1: 0800-1200 Group 2: 1300-1700 [4 lab hours]
Week 14 **4/21/2026**	• Review systems • Review head-to-toe **shift assessment**	• Lab practice Head-to-toe assessment Group 1: 0800-1200 Group 2: 1300-1700 [4 lab hours]
Week 15 **4/28/2026**	• Final Exam Review Group 1: 0800-1000 Group 2: 1300-1500 • Review systems • Review head-to-toe **shift assessment**	• Lab practice Head-to-toe assessment Group 1: 1000-1200 Group 2: 1500-1700 [2 lab hours]

The *syllabus/schedule are subject to change.*

Week	Course Content Online	Lab Assignments/Due Dates
Week 16 **5/5/2026**	• Comprehensive Final Exam - Lab 290 5/5/2026 0800 – 0900	

**Students are responsible for Anatomy and Physiology review prior to each class.

Head-to-toe Shift Assessment

A head-to-toe nursing assessment each shift is a systematic, <u>body systems review</u> to detect changes in a patient's condition, including vital signs, neurological status, cardiovascular, respiratory (lung sounds, effort), gastrointestinal (bowel sounds, distention), genitourinary (output), integumentary (skin, wounds), musculoskeletal (strength, mobility), and pain levels, using inspection, palpation, percussion, and auscultation (IPPA) to compare with previous assessments and form a baseline for care planning.

Key Components of a Shift Assessment

1. **General Survey & Vitals:** Appearance, mood, alertness, pain, vital signs (BP, HR, RR, Temp, O2 sat).
2. **Neurological:** Level of consciousness, orientation, pupils, movement, sensation, cranial nerves.
3. **Cardiovascular:** Heart sounds (S1, S2), peripheral pulses, capillary refill, edema, skin color.
4. **Respiratory:** Breathing effort, symmetry, lung sounds (anterior/posterior), cough.
5. **Gastrointestinal:** Abdomen (contour, bowel sounds, tenderness, distention), appetite, nausea, last bowel movement.
6. **Genitourinary:** Urine output (color, amount), bladder distention.
7. **Integumentary (Skin):** Color, temperature, turgor, wounds, rashes, pressure points.
8. **Musculoskeletal:** Range of motion, strength, gait (if ambulating).
9. **Comfort & Safety:** Pain, fall risk, environment.

How to Perform It

- **Preparation:** Hand hygiene, gather equipment (stethoscope, penlight, gloves), ensure privacy.
- **Introduction:** Greet patient, explain the assessment, confirm comfort.
- **Systematic Approach:** Move head-to-toe, using IPPA (Inspect, Palpate, Percuss, Auscultate) where appropriate.
- **Documentation:** Record findings and compare to baseline to identify trends or deterioration.

Why It's Done Each Shift

- **Early Detection:** Catches subtle changes in condition before they become critical.
- **Baseline:** Establishes a clear picture of the patient's status to guide nursing interventions and care plans.
- **Continuity of Care:** Ensures all nurses have up-to-date information.