The course covers 10 competencies and represents 3 competency units.

**Introduction**

**Overview**
The Health Assessment course includes two performance assessments, focusing 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.

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### Nursing Dispositions Statement

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

### 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.


*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
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.


Click on the technical guide link below and download the necessary software and plugins to ensure a successful video viewing experience of the Evolve video library. Chrome and Firefox are recommended browsers.

Before You Begin Technical Guide

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 point and a step-by-step checklist for Shadow Health are found in the course section: Assessment Information (below Module 5).

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 Assessment

A comprehensive exam includes a mental 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
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

Integumentary Assessment Video

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

**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.

Evolve Videos

Complete viewing Head, Eyes and Ears assessment videos by following these steps:

1) Click on the link below

2) Scroll to Head, Eyes, and Ears

3) Review these topics:

• Introduction

• Anatomy Review

• Head Examination

• Eye Examination

• Ear Examination

• Bonus Material

Please Note: You may need to update your browser settings to view the Evolve videos. Click on the technical guide link below and download the necessary software and plugins to ensure a successful video viewing experience in the Evolve video library. Chrome and Firefox are the recommended browsers.
Evolve Videos Technical Guide

Online Video Series

Complete viewing Nose, Mouth, Throat and Neck assessment videos by following these steps:

Click on the link below

1) Click on the link below

2) Scroll to Nose, Mouth, Throat, and Neck

3) Review these topics:

• Introduction

• Anatomy Review

• Physical Examination – Nose Examination

• Physical Examination – Mouth and Throat

• Physical Examination – Neck Examination

• Bonus Material

Online Video Series

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.

**Evolve Videos**

Complete viewing Thorax and Lung assessment videos by following these steps:

1) Click on the link below

2) Scroll to Thorax and Lungs

3) Review these topics:

- Introduction
- Anatomy Review
- Physical Examination – Posterior Thorax
• Physical Examination – Anterior Thorax

• Bonus Material

Online Video Series

**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 Assessment Video**

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

Evolve Videos

Complete viewing Cardiovascular System: Heart and Neck Vessels assessment videos by following these steps:

1) Click on the link below

2) Scroll to Cardiovascular System: Heart and Neck Vessels

3) Review these topics:

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

**Online Video Series**
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

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**

Evolve Videos

Complete viewing Cardiovascular System: Peripheral Vascular System and Lymphatics assessment videos by following these steps:

1) Click on the link below

2) Scroll to Peripheral Vascular System and Lymphatics

3) Review these topics:
   - Introduction
   - Anatomy Review
   - Physical Examination
   - Bonus Material

**Online Video Series**

**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.

**Evolve Videos**

Complete viewing the Abdomen Assessment video by following these steps:

1) Click on the link below
2) Scroll to Abdomen
3) Review these topics:
   - Introduction
   - Anatomy Review
   - Abdomen Examination
   - Summary
   - Bonus Material
Online Video Series
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.
Evolve Videos

Complete viewing the Musculoskeletal System Assessment videos by following these steps:

1) Click on the link below
2) Scroll to Musculoskeletal System
3) Review these topics:
   • 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

Online Video Series

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.

**Evolve Videos**

Complete viewing Neurologic System: Motor System and Reflexes videos by following these steps:

1) Click on the link below

2) Scroll to Neurologic System: Motor System and Reflexes

3) Review these topics:

- 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

Evolve Videos

Complete viewing the Female Genitalia, Anus and Rectum assessment videos by following these steps:

1) Click on the link below
2) Scroll to Female Genitalia, Anus and Rectum
3) Review these topics:
   - Introduction
   - Anatomy Review
   - Physical Examination – Female Genitalia Exam
   - Physical Examination – Anus and Rectum Exam
   - Bonus Material

**Online Video Series**

**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 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**

**Breast Assessment Video**

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

**Evolve Videos**

Complete viewing the Breasts and Regional Lymphatics assessment videos by following these steps:

1) Click on the link below
2) Scroll to Breasts and Regional Lymphatics
3) Review the following topics:
• 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

Online Video Series

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.
Male Genital Assessment Video

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

Evolve Videos

Complete viewing the Male Genitalia, Anus, Rectum and Prostate assessment videos by following these steps:

1) Click on the link below
2) Scroll to Male Genitalia, Anus, Rectum and Prostate
3) Review the following topics:
   • Introduction
   • Anatomy Review
   • Male Genitalia Exam
   • Rectal Exam
   • Bonus Material

Online Video Series

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.

Evolve Videos
Complete viewing the Head-to-Toe Examination of the Normal Adult assessment videos by following these steps:

1) Click on the link below

2) Scroll to Head-to-Toe Examination of the Normal Adult

3) Review the following topics:
   • 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
   • Bonus Material

Online Video Series

Evolve Videos

Complete viewing the Head-to-Toe Examination of the Neonate assessment videos by following these steps:

1) Click on the link below

2) Scroll to Head-to-Toe Examination of the Neonate
3) Review the following topics:

• Introduction

• Preparation

• Head-to-Toe Exam – Overview

• Head-to-Toe Exam – Head and Neck

• Head-to-Toe Exam – Chest and Abdomen

• Head-to-Toe Exam – Extremities

• Head-to-Toe Exam – Genitalia

• Head-to-Toe Exam – Neuromuscular System and Spine

• Head-to-Toe Exam – Rectum and Final Procedures

• Summary – Health Promotion

• Bonus Material

Online Video Series

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: Shadow Health Checklist

Access Shadow Health: Shadow Health

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: Completion of this task will not appear in your student portal until this course is in your current term. It is STRONGLY recommended that you wait to complete this task until you are enrolled in this course. Completing prior to course enrollment can result in the need to completely re-do the 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 be provided with a Panopto video recorder, a WGU webcam, and the Physical Assessment Documentation Form (PADF) that lists the skills to include in your video. Please closely follow the instructions listed within the assessment task to appropriately complete the Video Health Assessment.

For any technical issues associated with Panopto, send an email to ecare@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 nsgha@wgu.edu.

Please Note: If you make a mistake while recording, you may either 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 to Taskstream for evaluation. In Taskstream you will need to attach your addendum video in Web Links section.

However, if you submit a video, it is evaluated, and it is determined to not meet the minimum score requirement, a new, full-length video must be recorded. You cannot use your original
video if it is deemed not competent. Upon evaluation of your resubmission, all assessment
techniques will be re-evaluated for competency, regardless of whether or not they were
performed correctly during the previous video. A new patient consent form and a PADF that
corresponds to the new video must also be included with the resubmission.