**Chapter 1**

**Health Assessment**

**Learning Outcomes**

1. **Distinguish various definitions of health.**

* **Suggested Classroom Activity:** Ask students to distinguish between the older traditional definition of health and the current definitions of health.
* **Suggested Clinical Activity:** Have students ask a healthcare provider which model of health he or she incorporates in to his or her practice.

1. **Relate the goals and objectives of *Healthy People 2020* to health assessment in nursing.**

* **Suggested Classroom Activity:** Ask students to review the health topics in *Healthy People 2020* listed in this chapter and then ask students to provide one healthcare topic they would add to the list of public health concerns and discuss the importance of that topic.
* **Suggested Clinical Activity:** Ask students to discuss with a healthcare provider how he or she incorporates the goals and objectives of *Healthy People 2020* into his or her practice.

1. **Explain the steps of the nursing process.**

* **Suggested Classroom Activity:** Ask students to choose a healthcare topic of public concern and discuss how they will utilize different elements of the nursing process—assessment, diagnosis, planning, implementing, and evaluation—in assessing that problem in a community or a population.
* **Suggested Clinical Activity:** Ask students to discuss with a registered nurse the benefits of using the nursing process in managing patients’ care.

1. **Identify the key components of health assessment in nursing.**

* **Suggested Classroom Activity:** Ask students to discuss the relationship between effective communications and obtaining accurate data in performing a client’s health assessment.
* **Suggested Clinical Activity:** Ask students to conduct a focused interview related to an impaired body system of a patient.

1. **Explain the role of the professional nurse in health assessment.**

* **Suggested Classroom Activity:** Ask students to discuss the importance of confidentiality in obtaining a client’s health history.
* **Suggested Clinical Activity:** Ask students to discuss with a registered nurse the advantages and disadvantages of using electronic medical documentation.

1. **Apply the critical thinking process to health assessment in nursing.**

* **Suggested Classroom Activity:** Ask students to discuss the role of evidence**-**based practice in critical thinking.
* **Suggested Clinical Activity:** Ask students to discuss with a registered nurse his or her definition of critical thinking and explain how he or she uses critical thinking in delivering patient care.

1. **Outline the key elements of an effective teaching plan.**

* **Suggested Classroom Activity:** Ask students to assume the role of educator and choose two teaching methods. Compare and contrast the advantages and disadvantages of these two methods.
* **Suggested Clinical Activity:** Ask students to list factors and patient considerations that they must contemplate in developing a health education presentation for a specific population.

**Key Concepts**

1. Changes in healthcare reform continue to impact professional nursing.
2. Nurses’ roles are influential in community health, health promotion, and disease prevention.
3. Nurses have greater responsibilities beyond the acute care setting including managing the care of consumers of various ages and diverse communities.
4. Nurses are part of a large group including government, communities, and individuals capable of improving access to health care and facilitating changes in the nation’s health.
5. *Healthy People 2020* focuses on eliminating preventable health issues in the United States as well as developing equity of health and health resources.
6. *Healthy People 2020* focuses on health promotion, screening, preventive measures, and improving health behaviors across the life span.
7. The health topics and objectives of *Healthy People 2020* focus on both individuals and communities.
8. *Healthy People 2020* encompasses the changing population demographics of the United States as well as cultural, ethnic, geographic, linguistic, and socioeconomic factors that affect health.
9. The World Health Organization defines health as a state of complete physical, mental, and social well-being (1947).
10. The modern definition of health encompasses a holistic approach that includes physical, psychological, and spiritual components.
11. Wellness reflects a lifestyle that encompasses balance, personal satisfaction, the ability to cope and adapt, and to enhance one’s quality of life.
12. Health encompasses both wellness and health promotion.
13. Nursing theorists have developed several definitions and models of health that reflect client holism.
14. Nursing strives for a holistic approach to health that reflects physical, cultural, environmental, psychological, and social factors.
15. Health assessment is systematic data collection from a patient for the purpose of determining the patient’s health status, assessing health-related risk factors, identifying health-promoting activities, and identifying health education needs.
16. Health assessment includes the interview, physical assessment, documentation, and interpretation of findings.
17. Health assessment data collection should be holistic and include physical, social, cultural, environmental, and emotional factors.
18. Effective communication is a key component in collecting accurate subjective and objective patient data.
19. The nurse uses knowledge of physical and social science in health assessment data collection.
20. Thorough and accurate health assessment forms the foundation of the patient’s plan of care.
21. Level of assessment may differ based on patient status, for example, ambulatory patients, hospitalized patients, or critical patients.
22. The nursing process is a systematic process used by professional nurses to manage patients and provide patient care.
23. The nursing process is applicable to individuals, communities, and to varying populations; to patients of all ages; and is applicable in all levels of health and stages of illness.
24. The nursing process involves five stages: assessment, diagnosis, planning, implementation, and evaluation.
25. The nursing process is a complex process that combines critical thinking, effective communication, and the expansive knowledge base of nursing education.
26. Effective use of the nursing process is predicated upon comprehensive and accurate data collection.
27. Critical thinking is a process of purposeful and creative thinking about resolutions of problems or developing ways to manage situations.
28. Critical thinking is composed of five essential elements: collection of information, analysis of the situation, generation of alternatives, selection of alternatives, and evaluation.
29. Each element in critical thinking consists of skills to assist the nurse in developing a complete, thorough, and competent assessment.
30. Critical thinking applies logic and cognitive skills to the complexities of patient care.
31. Nurses apply critical thinking skills, their knowledge, and available resources to assist patients in achieving their health goals and maintaining their well-being.
32. In the role of educator, the nurse assists patients in maintaining and improving their health, preventing illnesses or injury, managing therapies, and making informed decisions about health and treatment.
33. The nurse teaches patients based on patients’ comprehensive health assessment, patients’ knowledge deficits regarding identified risks, and patients’ readiness to learn.
34. The nurse teaches patients based on the three categories of NANDA-I diagnoses: actual health problems, risk of developing a health problem, and state of wellness.
35. Nurses engage in both informal and formal teaching modalities.
36. The six major components of formal teaching are identified learning needs, teaching goals, learning objectives, content, teaching strategies and appropriate rationales, and evaluation.