

NR302 Health Assessment I

RUA: Health History Guidelines

Purpose

Before any nursing plan of care or intervention can be implemented or evaluated, the nurse assesses the individual through the collection of both subjective and objective data. The data collected are used to determine areas of need or problems to be addressed by the nursing care plan. This assignment will focus on collecting subjective assessment data, synthesizing the data, and on identifying health/wellness priorities based on the findings. The purpose of the assignment is two-fold:

- To recognize the interrelationships of subjective data (physiological, psychosocial, cultural/spiritual, and developmental) affecting health and wellness.
- To reflect on the interactive process between self and client when conducting a health assessment.

Course Outcomes: This assignment enables the student to meet the following course outcomes:

- CO1. Explain expected client behaviors while differentiating between normal findings, variations, and abnormalities. (PO1)
- CO2. Utilize prior knowledge of theories and principles of nursing and related disciplines to integrate clinical judgment in professional decision-making and implementation of nursing process while obtaining a physical assessment. (PO 4, 8)
- CO3. Recognize the influence that developmental stages have on physical, psychosocial, cultural, and spiritual functioning. (PO 1)
- CO4. Utilize effective communication when performing a health assessment. (PO 3)
- CO6. Identify teaching/learning needs from the health history of an individual. (PO 2, 3)
- CO7. Explore the professional responsibilities involved in conducting a comprehensive health assessment and providing appropriate documentation. (PO 6, 7)

Due date: Your faculty member will inform you when this assignment is due. The Late Assignment Policy applies to this assignment.

Total points possible: 100 points

Preparing the assignment

A *Health History Worksheet* that can be used to help you organize the Family Medical History information you will obtain from the Adult Participant is located in the RUA: Health History assignment for Week 5. The use of this tool is optional. There are three parts to this assignment.

1. Health History Assessment (50 points/50%)

Using the following components of a health history assessment and your textbook for explicit details about each category, complete a health assessment/history on an individual of your choice. The person interviewed must be 18 years of age or older and should NOT be a family member or close friend. The purpose of this restriction is to avoid any tendency to anticipate answers or to influence how the questions are answered. Your goal in choosing an interviewee is to simulate the interaction between you and an individual for whom you would provide care. It is important that you inform the person of your assignment and assure him/her that the information obtained will be kept confidential. Please be sure to avoid the use of any identifiers in preparing the assignment. Health History components to be included:

- a) Demographics
- b) Perception of Health
- c) Past Medical History
- d) Family Medical History

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- e) Review of Systems
- f) Developmental Considerations
- g) Cultural Considerations
- h) Psychosocial Considerations
- i) Collaborative Resources

2. Reflection (40 points/40%)

Reflection is used to intentionally examine our thought processes, actions, and behaviors in order to evaluate outcomes. Provide a written reflection that describes your experience with conducting this Health History.

- a) Reflect on your interaction with the interviewee holistically.
 - I. Consider the interaction in its entirety: include the environment, your approach to the individual, time of day, and other features relevant to therapeutic communication and to the interview process (if needed, refer to your text for a description of therapeutic communication and of the interview process).
- b) How did your interaction compare to what you have learned?
- c) What went well?
- d) What barriers to communication did you experience?
 - I. How did you overcome them?
 - II. What will you do to overcome them in the future?
- e) Were there unanticipated challenges to the interview?
- f) Was there information you wished you had obtained?
- g) How will you alter your approach next time?

3. Style and Organization (10 Points/10%)

Your writing should reflect your synthesis of ideas based on prior knowledge, newly acquired information, and appropriate writing skills. Scoring of your work in written communication is based on proper use of grammar, spelling and how clearly you express your thoughts and reasoning in your writing.

- Grammar and mechanics are free of errors.
- Able to verbalize thoughts and reasoning clearly
- Use appropriate resources and ideas to support topic

For writing assistance (APA, formatting, or grammar) visit the [Citation and Writing Assistance: Writing Papers at CU](#) page in the online library.

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Grading Rubric

Criteria are met when the student's application of knowledge within the paper demonstrates achievement of the outcomes for this assignment.

Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not present in paper
Introduction of Disease (50 points/50%) Required criteria <ol style="list-style-type: none"> 1. Demographics 2. Perception of Health 3. Past Medical History 4. Family Medical History 5. Review of Systems 6. Developmental Considerations 7. Cultural Considerations 8. Psychosocial Considerations 9. Collaborative Resources 	50 points Includes no fewer than 9 requirements for section.	46 points Includes no fewer than 8 requirements for section.	41 points Includes no less than 7 requirement for section.	25 points Present, yet includes no required criteria.	0 points No requirements for this section presented.
Reflection (40 points/40%) Required criteria <ol style="list-style-type: none"> 1. Reflect on your interaction with the interviewee holistically. <ol style="list-style-type: none"> a) Consider the interaction in its entirety: include the environment, your approach to the individual, time of day, and other features relevant to therapeutic communication and to the interview process (if needed, refer to your text for a description of therapeutic communication and of the interview process). b) How did your interaction compare to what you have learned? 	40 points Includes no fewer than 7 requirements for section.	36 points Includes no fewer than 6 requirements for section.	33 points Includes no fewer than 5 requirements for section.	20 points Includes 4 or fewer requirements for section.	0 points No requirements for this section presented.

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Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not present in paper
c) What went well? d) What barriers to communication did you experience? I. How did you overcome them? II. What will you do to overcome them in the future? e) Were there unanticipated challenges to the interview? f) Was there information you wished you had obtained? g) How will you alter your approach next time?					
Style and Organization (10 points/10%) Required criteria 1. Grammar and mechanics are free of errors. 2. Able to verbalize thoughts and reasoning clearly 3. Use appropriate resources and ideas to support topic	10 points Includes no fewer than 3 requirements for section.	8 points Includes no fewer than 2 requirements for section.	4 points Includes 1 requirements for section.	0 points No requirements for this section presented.	
Total Points Possible = 100 points					