

Health Assessment

Course

Teaching Plan

First Level Credit Hours

First Level
1st semester

2025/2026

Health Assessment (theory) Course

Course Title: *Health Assessment*

Course description:

This course is designed to provide students the opportunity to learn and practice history taking and physical examination skills with individuals of all ages, with emphasis on the adult. The focus is on symptom analysis along with physical, psychosocial, growth and development assessments. Students will be able to utilize critical thinking skills in identifying health alterations, formulating nursing diagnoses, and documenting findings appropriate to nursing.

Course objectives:

Upon completion of this course, the student will be able to:

1. Obtain a health history to gather subjective data.
2. Identify assessment technique.
3. Perform a systematic (head to toe) physical assessment to gather objective data.
4. Describe anatomy and physiology of the integumentary system
5. Explain the process of performing an assessment of the integumentary system (skin, hair, and nails).
6. Describe anatomy and physiology of the head/neck.
7. Explain the process of performing a head/neck physical assessment.
8. Describe anatomy and physiology of the neurological system.
9. Explain the process of performing an assessment of the neurological system.

10. Describe anatomy and physiology of the cardiovascular system.
11. Explain the process of performing an assessment of the cardiovascular system.
12. Describe anatomy and physiology of respiratory system.
13. Explain the process of performing an assessment of the respiratory system.
14. Describe anatomy and physiology of the breast and axillae.
15. Explain the process of performing an assessment of the breast and regional lymphatics.
16. Describe anatomy and physiology of the abdomen.
17. Explain the process of performing an assessment of the abdomen.
18. Describe anatomy and physiology of the musculoskeletal system.
19. Explain the process of performing an assessment of the musculoskeletal system.
20. Recognize normal assessment findings of all studied systems.

Course policies:

1. Students are expected to prepare for lecture by reading assigned materials.
2. Attendance of lecture is a requirement and students should be on time student who miss more than seven lecture hour without excuse will be dismissed from the course.
3. Student should be dressed in the assigned dress code.
4. Students unable to take the scheduled exam should follow the proper university regulation otherwise he/she will get zero in their exam.

Health Assessment Teaching Staff

<i>Teaching Staff</i>
1. Prof/ Nadia Mohamed Taha
2. Prof/ Fathia Attia Mohamed
3. Assist. Prof/ Elham Hamad Mohamed
4. Assist. Prof/ Maha Desouky Saleh Sakr
5. Assist. Prof/ Gehan Elsayed Hafez
6. Assist. Prof/ Naglaa Abd-Elkareem Moghazy
7. Dr/ Fatma Mohamed Abdel hameed
8. Dr/Amira Mohamed Sabry
9. Dr/ Hala Abdel Sabour Gad
10. Dr/ Tayseer Essam
11. Dr/ Asmaa Abdel Maksoud

Theoretical lectures of Health Assessment course

List of Contents:

- 1. An overview on Health Assessment**
- 2. The Nursing Process in Health Assessment**
- 3. The Interview**
- 4. Methods of Health Assessment**
- 5. Emergency Assessment**
- 6. Integumentary Assessment (Skin, Hair, and Nails)**
- 7. Head and Neck Assessment**
- 8. Lungs and Respiratory System Assessment**
- 9. Cardiovascular and Peripheral Vascular Systems
Assessment**
- 10. Digestive System (Abdomen) Assessment**
- 11. Musculoskeletal System Assessment**
- 12. Neurological System Assessment**
- 13. Breasts and Axillae Assessment**

توزيعة محاضرات مقرر التقييم الصحي النظري حسب
المحاضرين

الترم الاول للعام الجامعي 2025|2026
(المستوى الأول نظام الساعات المعتمدة)

Health Assessment (Theory) Teaching Plan

First term Credit Hours (2025-2026)

Day	Time	Group
Wednesday	3:00 - 5:00 Pm	1 + 2
Student Evaluation System		
Final Written Exam	70 degree	
Quarterly Works	30 degree	First Quiz: <i>(15 degree)</i>
		Second Quiz : <i>(15 degree)</i>

Schedule of 1st Level lectures (1st term 2025-2026)

Week	Day/ Date	Time	Topic	Academic Staff
1st	Wednesday 24 / 9 / 2025	3:00 - 5:00 Pm	An overview on health assessment (HA) + The nursing process in HA + The interview	Prof/ Nadia Mohamed Taha + Dr/ Asmaa Bdel Maksoud
2nd	Wednesday 1 / 10 / 2025	3:00 - 5:00 Pm	Methods of health assessment + Emergency Assessment	Prof/ Fathia Attia Mohamed + Dr/ Asmaa Bdel Maksoud
3rd	Wednesday 8 / 10 / 2025	3:00 - 5:00 Pm	Integumentary Assessment (Skin, Hair, and Nails)	Dr/ Fatma Mohamed
4th	Wednesday 15 / 10 / 2025	3:00 - 5:00 Pm	Lungs and Respiratory System Assessment	Dr/ Hala Abdel Sabour Gad
5th	Wednesday 22 / 10 / 2025	3:00 - 5:00 Pm	Quiz 1	All the staff
6th	Wednesday 29 / 10 / 2025	3:00 - 5:00 Pm	Head and Neck Assessment	Assist. Prof/ Elham Hamad + Dr/ Tayseer Essam

7th	Wednesday 5 / 11 / 2025	3:00 - 5:00 Pm	Cardiovascular and Peripheral Vascular Systems Assessment	Dr/ Amira Mohamed Sabry
8th	Wednesday 12 / 11 / 2025	3:00 - 5:00 Pm	Digestive System (Abdomen) Assessment	Assist. Prof. Naglaa Abd Elkareem
9th	Wednesday 19 / 11 / 2025	3:00 - 5:00 Pm	Quiz 2	All the staff
10th	Wednesday 26 / 11 / 2025	3:00 - 5:00 Pm	Assessing the Musculoskeletal System	Assist. Prof. Elham Hamed
11th	Wednesday 3 / 12 / 2025	3:00 - 5:00 Pm	Neurological System Assessment	Assist. Prof. Gehan Elsayed Hafez
12th	Wednesday 10 / 12 / 2025	3:00 - 5:00 Pm	Breasts and Axillae Assessment	Assist. Prof. Maha Desoky

Course Coordinator*Dr/ Hala Abdel Sabour Gad**Dr/ Asmaa Abdel Makssoud***Department Head***Assist Prof/ Naglaa Abd Elkareem*