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護理及健康學院
Hong Kong Metropolitan University
School of Nursing and Health Sciences



NURS 3405NED

Health Assessment and Primary Health Care

Course Guide

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Introduction

Welcome to *NURS 3405NED Health Assessment and Primary Health Care*!

NURS 3405NED Health Assessment and Primary Health Care is one of the core courses of the Bachelor of Nursing programme. The course is a two-semester, 3000-level, six-credit-unit course. There is no prerequisite for this course.

NURS 3405NED is split into two major parts. The first part describes the principles and practices of health assessment, and the second part discusses the concepts and issues of primary health care.

This course will be delivered in distance-learning mode. You will be provided with printed and soft copies of the study materials. Your learning will be supported by online interactive tutorials, face-to-face tutorials, and interactions on HKMU's Online Learning Environment (OLE).

The purpose of this Course Guide

This *Course Guide* gives you an overview of *NURS 3405NED Health Assessment and Primary Health Care* and helps you work through the course materials. In this guide, you will find out about the information and support provided by HKMU to facilitate your learning and the assessment procedures used to evaluate your performance. Suggestions on the amount of time you should spend on each unit are also given to facilitate good time management. Please read through and refer to this *Course Guide* when needed.

Course aims

NURS 3405NED Health Assessment and Primary Health Care aims to:

- *strengthen* your knowledge and skills in all aspects of health assessment; and
- *enhance* your understanding of the philosophies, theories, concepts, models, development and implementation of primary health care, and nursing practice in the primary health care context.

Course learning outcomes

Upon completing *NURS 3405NED*, you should be able to:

- *discuss* the perspectives of health assessment, including developmental, spiritual, and nutritional assessment;
- *explain* the significance of psychosocial and cultural assessment in nursing practice;
- *apply* the principles and techniques in performing a health assessment, covering different aspects and phases of life;
- *explain* the concepts and philosophies of primary health care from local and global perspectives;
- *apply* the principles of primary health care in nursing practice; and
- *analyse* the role of nurses and current issues in implementing primary health care.

Working through the course

This course is made up of study units, readings and textbooks. Please read these materials carefully in order to gain a comprehensive understanding of the whole subject area.

You will notice that the study units contain a number of self-tests and activities. It is highly recommended that you complete these exercises as they will help you gain hands-on experience and check your understanding of what you have read at the same time.

The *Assignment File* details the assignments you will need to complete as part of the course. Each assignment is designed to help you achieve the course learning outcomes.

Materials

Aside from this *Course Guide*, there are a number of other important course components (see below). Please ensure that you have all these materials before you start.

Study units

There are eight study units in *NURS 3405NED Health Assessment and Primary Health Care*. Each unit consists of three to four weeks' work and includes directions for study, readings with commentaries, and summaries of key issues and ideas. The information in these units is directly related to the assignments you will have to complete.

The study units are:

- Unit 1* Health assessment perspectives: Developmental, nutritional, and spiritual assessment
- Unit 2* Health assessment perspectives: Psychosocial and cultural assessment
- Unit 3* Health assessment perspectives: Physical assessment
- Unit 4* Health assessment across the lifespan and complete health assessment
- Unit 5* Fundamental concepts and philosophies of primary health care
- Unit 6* Primary health care in community settings
- Unit 7* Global impact and effective governance of primary health care
- Unit 8* Nurses' roles and the development of primary health care in Hong Kong

Set textbooks

You are required to purchase the following set textbooks:

- Fenske, C., Watkins, K. D., Saunders, T., D'Amico, D., & Barbarito, C. (2020). *Health & physical assessment in nursing* (4th ed.). Pearson.
- Guzys, D., Brown, R., Halcomb, E., & Whitehead, D. (2021). *An introduction to community & primary health care* (3rd ed.). Cambridge University Press.

Supplementary readings

The course will provide necessary reading materials, mainly research publications and review articles, which can be found in the units' reading booklets or online. In addition, each study unit gives further guidance on reading and establishes the learning approach for students' self-instruction.

E-Library E-Reserve readings

You may be instructed to read articles in the E-Library E-Reserve. To read these items, go to the University's E-Library and click 'E-Reserve'. Log in, click 'Accept/Agree' on the Copyright Restrictions page, fill in the 'Course Code' box, and click 'Search'.

Assessment

The course includes two types of assessment, formative and summative. Each type is worth 50% of your overall score. Formative assessment is based on the assignments in the *Assignment File*, while summative assessment refers to the final examination. To achieve a passing grade on the course, you need to obtain a pass in *both* formative and summative assessments.

Assignments

There will be two assignments for this course. The first assignment will deal with health assessment, and the other will focus on aspects of primary health care. Both assignments will be counted. Each assignment contributes to 25% of the total course mark. The assignments of this course are therefore worth 50% of the total course mark.

Examination

The final examination will be in the form of a final assignment that accounts for 50% of the total course mark. It covers all the units. Emphasis will be put on assessing students' ability to apply the knowledge learnt in this course and their understanding of the concepts and principles behind them.

Course marking scheme

The following table shows how the marking is broken down.

Assessment	Marks
Assignments 1 and 2	2 @ 25% each = 50% of course marks
Examination	50% of course marks
Total	100% of course marks

Course overview

The following table provides an outline of the course.

Unit	Title	Weeks of study	Assessment
1	Health assessment perspectives: Developmental, nutritional, and spiritual assessment	4	
2	Health assessment perspectives: Psychosocial and cultural assessment	3	
3	Health assessment perspectives: Physical assessment	3	
4	Health assessment across the lifespan and complete health assessment	3	
	Revision	3	Assignment 1
5	Fundamental concepts and philosophies of primary health care	4	
6	Primary health care in community settings	3	
7	Global impact and effective governance of primary health care	3	
8	Nurses' roles and the development of primary health care in Hong Kong	3	
	Revision	3	Assignment 2
Total		32	

How to get the most from this course

The following are some hints and suggestions:

1. Read the *Course Guide* thoroughly.
2. Use the study schedule on the OLE to plan your study. Decide on your target dates to begin and complete each unit. Once you have created your own study schedule, do everything within your control to stick to it. The main reason students fail is that they have difficulty catching up with their schedule.
3. Assemble your study materials. You should always have the study unit you are working on, your textbooks and the readings together on your desk at one time.
4. Work through each unit systematically.

Remember! The first four units of this course are practice-oriented. It is essential that you attempt all the activities in the units as this will allow you to check whether you have fully understood the topics covered in the units and readings.

5. Check the course OLE from time to time. Keep yourself updated with any course news and information delivered from the Course Coordinator.

6. Plan your assignment by referring to the assignment guidelines given in the *Assignment File* on the OLE.
7. Complete and submit your assignment on time.
8. While you are waiting for your last assignment to be returned, start working on the next unit. Proceed unit by unit through the course and pace your study.
9. When the assignment is returned, pay close attention to your tutor's comments. Contact your tutor as soon as possible if there is anything you don't understand.
10. Once you have completed the last unit, review the whole course and prepare for the final examination. Check that you have successfully achieved the course learning outcomes.

Learning support

You will be assigned a tutor who will help you learn, monitor your progress throughout the course, and mark and comment on your assignments. Your tutor is there to help! Please don't hesitate to contact them if you need assistance.

Tutorials

There will be eight two-hour online interactive tutorials and two four-hour face-to-face tutorials for the course. You are strongly recommended to attend these tutorials. The online interactive tutorials aim to facilitate the exchange of ideas so as to help you achieve the learning objectives for each unit.

At the end of each term, there will be a face-to-face tutorial that aims to summarise vital concepts covered in the four units studied during the term and to provide you with support in writing your assignments.

Online support

Online support is available for *NURS 3405NED* students. This course is supported by HKMU's Online Learning Environment (OLE) (non-mandatory). You can find the course materials and the latest course information on the OLE. Through the OLE, you can also communicate with your tutor, the Course Coordinator and fellow students.

Summary

NURS 3405NED Health Assessment and Primary Health Care is designed to keep you up-to-date with contemporary nursing practice while providing you with comprehensive health assessment skills and enhancing your understanding of primary health care.

We hope you will enjoy this course and wish you the very best in your studies.

About the developer

Dr Wong Suet-lai received her Doctor of Health Science from The Hong Kong Polytechnic University in 2018.

She joined the School of Nursing and Health Sciences at Hong Kong Metropolitan University and taught undergraduate nursing programmes from 2006 to 2022. She is experienced in adopting educational technology to engage learning, such as mobile learning apps, student response systems, and simulation.