Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Physical Examination	
Academic Teacher	Monika Zysnarska, PhD
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ECTS credits	5
Number of hours	120
Course code	INT-IZFKP-PE-26
Course description	
The course "Physical Examination", offered within the Bachelor's degree programme in Nursing, prepares students for independent collection of information about a patient's health status, performing physical examinations, and documenting their results in accordance with nursing care standards as part of the nursing process. The course content includes, among others, subjective and objective examination of patients of different ages, including: measurement of basic vital signs, anthropometric measurements, examination of the sensory organs, examination of the chest including the heart and lungs, abdominal examination, genitourinary system examination, neurological examination, as well as analysis of the patient's health status using the following systems: OLD CART, FIFE, SAMPLE, PES, SOAP, and the Four A's framework. Practical classes are conducted in a medical simulation environment and are focused on the development of professional nursing competencies.	
Learning outcomes - course content	
Knows the principles of subjective and objective patient examination and their role in the nursing process. Describes systems used for symptom assessment and health status documentation (OLD CART, FIFE, SAMPLE, PES, SOAP). Explains the importance of cultural and social determinants in nursing care. Conducts a patient interview and analyzes findings for nursing care planning.Performs and interprets vital signs and anthropometric measurements in patients of different ages. Applies physical examination techniques to assess body systems and documents findings. Performs ECG and spirometry tests and identifies life-threatening abnormalities. Recognizes personal limitations, performs self-assessment, and	

plans professional development. Cooperates with the therapeutic team and seeks expert advice in difficult clinical situations.

Lectures – 5 Hours

- Subjective and objective examination in nursing – principles and documentation
- Clinical data collection models: OLD CART, FIFE, SAMPLE
- PES and SOAP systems in nursing diagnosis
- Cultural and social determinants in patient assessment
- Comprehensive physical examination in the nursing process

Practical Classes – 15 Hours (Medical Simulation Center)

- Measurement of vital signs (temperature, pulse, blood pressure, SpO_2, CVP, PEFR)
- Anthropometric measurements and indices (BMI, WHR, WHtR, skinfold thickness)
- Subjective assessment of adult, pediatric, and elderly patients
- Examination of the skin, sensory organs, chest, breasts (examination and self-examination), abdomen, and genital organs
- Examination of body systems: cardiovascular, respiratory, musculoskeletal, and nervous systems
- Comprehensive health assessment (PES, SOAP, Four A's)
- ECG and spirometry examinations – basics of interpretation

Student workload (self-study description)

- Independent study of course literature
- Analysis of clinical cases using the OLD CART, FIFE, and SAMPLE frameworks;
- Analysis of test results and nursing documentation (PES, SOAP)
- Independent learning of ECG and spirometry interpretation
- Independent learning of ECG and spirometry interpretation
- Preparation for the theoretical assessment (written test)

Literature

1. Hebel K., Steliga A., Lewandowska K.: procedury I checklisty w praktyce symulacji medycznej, Tom I, PWN SA, Warszawa 2024
2. Dyk D. (red) Badanie fizykalne w pielęgniarstwie podmiotowe i przedmiotowe. PZWL. Warszawa 2020

3. Jarvis, C. (2024). Physical examination and health assessment (9th ed.). Elsevier.