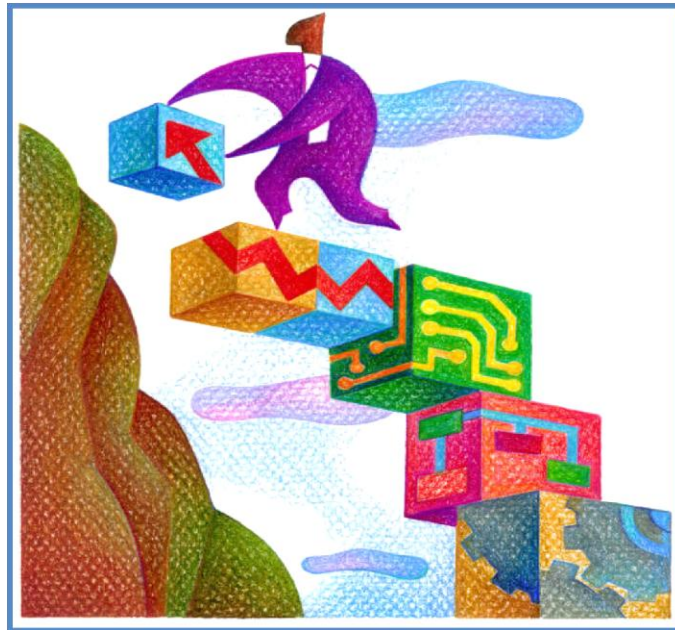


Building Blocks to Successful History & Physical Writing



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&

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Introduction

- International consensus supports the critical need for developing the skill to interpret a history and physical (H&P) well as it lowers the cost of health care and improve outcomes (Ramani, 2004; Lesa & Dixon, 2007; Galloway, 2009; Verghese, Brady, Kapur, & Horwitz, 2011) for the patient and institutions.
- As students struggled to learn the essential aspects of an effective H&P, it became apparent that a different approach was needed for the students to gain proficiency quickly.
- The H&P is ““ *building*” a history rather than *taking*” one... ”” with the patient (Seidel et al., 2011, p. 1).



PRACTICE H&P RATIONALE



Practice H&P Rationale:

The practice H&P assignment and our goals meet:

- The NONPF Scientific Foundation, Quality, Technology and Information Literacy, Ethics, and Independent Practice Competencies
- The AACN Essentials I, II, III, IV, VI, VII, VIII



PRACTICE H&P GOALS



Practice H&P Goals:

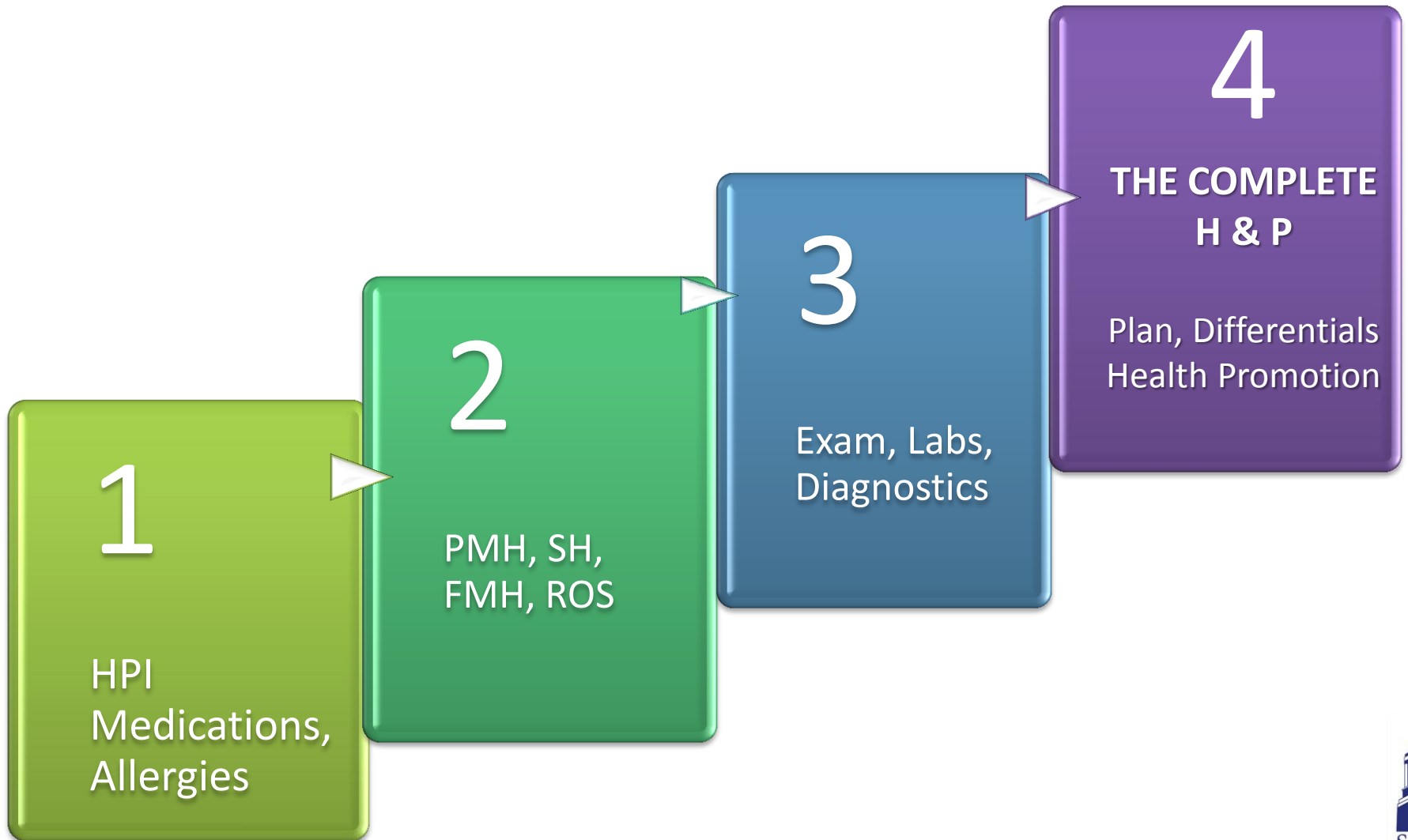
1. Develop cognitive discipline of health assessment through diverse stratified methods of learning.
2. Evaluate the student's abilities through self-assessment early in the learning process.
3. Increase information-gathering proficiency by the student.



Practice H&P Goals:





6. Enrich time with preceptors and faculty for deeper reflection and skill enhancement.
7. Enhance a higher level of functioning by the student through written and spoken reports.
8. Advance history building, diagnostics skills and health promotion appraisal, to progress from novice to expert in APN role.

Building Blocks



Building Blocks

The student will submit a total of 4 Practice H&P submissions:

-  **First Block:** will consist of HPI, medications, allergies
-  **Second Block:** above, plus PMH, SH, FMH, ROS
-  **Third Block:** above, plus examination and lab/diagnostics
-  **Fourth Block:** above, plus differentials and health promotion & disease prevention plan



STUDENT PRE & POST- SURVEY COMMENTS



1. After completing the practice H&P submissions & graded complete H&P, what is your comfort level with H&P's?

- *“Pretty intimidated yet-they take a long time, not sure how I'm going to get it done on time.”*
- *“I feel somewhat comfortable gathering data for a complete H&P, but still feel I have a long way to go to be able to write a complete note in a timely fashion.”*
- *“I definitely need more practice in order to feel completely comfortable with them, but our assignments were a good start.”*
- *“I feel fairly comfortable.”*



2. How did the practice H&P submission help you complete your graded H&P assignment?

- *"It was VERY helpful. Since this semester was my first exposure to writing my own H&P I felt like I gained necessary information needed prior to submitting it to be graded."*
- *"I wouldn't have included near enough information."*
- *"The practice H&P's were very helpful for me to break the H&P into separate sections and kept the assignment from being too overwhelming."*
- *"I found them very helpful because I was able to see if I had the format, wording, and all necessary requirements correct without feeling overwhelmed/helpless when writing the graded H&P. I would highly recommend keeping with the same process of practice H&P then graded H&P."*
- *"It helped a lot!! I was able to see what I was not doing correctly and it made the final one feel less stressful."*
- *"It helped a lot. Was given good feedback as to what more was necessary for a thorough H&P."*
- *"I used the practice H&P as a template for the graded H&P."*
- *"For some reason because it was called a "practice" H&P it seemed less threatening. It was very helpful that it was broken down into sections."*
- *"It allowed me to practice on someone prior to going to the clinic which was very nice. I hadn't used the equipment in a while so it was nice to practice on a friend. I did learn a lot from the practice H&P and used it as a tool when completing the graded assignment. Since the practice H&P was basically the first one I've ever done it was very helpful."*
- *"The practice submission was extremely helpful. I felt like the redirection from the instructor helped me keep focused and complete the final H&P in a more thorough manner."*



3. After completing the practice H&P submission and graded H&P assignments, what are your feelings regarding H&P's now (1 being Panic, 5 being Calm)?

	Panic		Neutral		Calm		Rating Average	Response Count
Feelings	0.0%	0.0%	53.8%	38.5%	7.7%		3.54	13
	(0)	(0)	(7)	(5)	(1)			



5. What do you feel your competency level is regarding H&P's after completing the practice H&P submission & complete H&P assignments?

Novice Average Count	Expert Beginner Response	Practitioner	Knowledgeable Practitioner	Expert Rating		
Competency	23.1% (3)	53.8% (7)	23.1% (3)	0.0% (0)	0.0% (0)	2.00



8. If you were to make changes to this learning exercise, how and what would you change?

- “...maybe have a practice submission for the episodic H&P. I was unsure about whether or not I included too much, or not enough information in some areas.”
- “I’d have some grades assigned to the practice one - it takes a lot of time and work. There aren't many points in this class, it would add to the total and therefore reduce the impact of each point.”
- “I would not change anything for this assignment.”
- “I think it was done just write. Students need guidance and constant feedback with certain learning activities. I believe H&P's are difficult. Kudos with this change!”
- “.....Also, I understand that we need to learn the proper method of writing H&Ps, however, the length and level of detail seems unrealistic ...So, maybe the next class could practice (in lab or class) doing a complete physical exam & writing an H&P off of what they actually asked/examined on the patient. They could then look back on what they missed or could have elaborated on more (that is sometimes how I learn best) instead of analyzing what the book says word for word. And maybe we get this more in our clinical rotations, I guess I don't know about those yet.”
- “I liked the way this was set up. It was really helpful to break the total H&P down into its separate parts. I was very much more comfortable doing and getting comments on a non-graded project before I presented one to be graded.”
- “I think it went well.”
- “It was a good learning experience. I feel it is good as is.”
- “Nothing.”
- “Allow flexibility with some of the H&P formats. Some of the patient data I did not include ... was not available at the time of the H&P. I did not make up the missing data for the submitted assignment.”



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