

MindTap Quick Start Guide

Estes Health Assessment and Physical Examination, 3rd Edition

Pauline Calleja, Karen Theobald, Theresa Harvey, Mary Ellen Zator Estes



Health assessment forms the foundation of all health care. Assessment is an ongoing process that is person-centred and considers the whole person as a physical, psychosocial and functional being, whether they are young or old, well or ill. Health Assessment and Physical Examination, 3rd edition for Australia and New Zealand, provides a well-illustrated approach to the process of holistic assessment, including health history interviews, physical examination techniques and health education.

3 Key Features

Activity	Where to find it – an example	What is it	Why it matters
Media Quizzes	<ol style="list-style-type: none"> Unit 1 Laying the Foundation (Ch 01 – 04) Chapter 3 The complete history health including documentation Apply Media Quiz 3: Documentation 	A short video snippet from the premium Tollefson Clinical Psychomotor Skills video series with a pair of multiple-choice questions.	Students can test their knowledge and understanding of the chapter concepts by taking this short quiz.
Health Education Myth-Buster	<ol style="list-style-type: none"> Unit 2 Physical Examination (Ch 05 – 19) Chapter 7 Engage Health Education Myth-Buster 7: Exploring Bill's mental status 	The engagement activity asks students to challenge their preconceptions and spark curiosity about what they're going to learn.	Encourages critical thinking about the reading and provides a space for students to interact, debate and discuss.
Nursing Care Plans	<ol style="list-style-type: none"> Unit 2 Physical Examination (Ch 05 – 19) Chapter 7 Mental status Apply Nursing Care Plan 7.1: The Patient with a Potential Stroke 	Sample Nursing Care Plans, related to the body system covered in the chapter.	Provide students with examples of what nursing care plans might look like in real-world contexts

MindTap Asset Description

Estes' Health Assessment and Physical Examination, 3rd edition

Pauline Calleja, Karen Theobald, Theresa Harvey, Mary Ellen Zator Estes

Learning path location	Activity	How many?	What is it?	Seat time	Why it matters
NURSING TOOLBOX	Clinical Skills Videos	34	Selected videos from the premium Tollefson Clinical Psychomotor Skills series, linked to specific chapters in this text.	3–10 mins	Students can use these videos to better understand the clinical skills related to the health assessment and physical examination process.
	Heart and lung sounds	24	A set of audio recordings of heart and lung sounds.	15–30 seconds per sound	Students can use these files as a revision tool to assist them with assessment. Descriptive material helps connect the heart and lung sounds to nursing concepts from the book.
	Key Concept Videos	12	Videos and animations providing insight into core nursing concepts.	1–3 mins per video	Students can use videos and animations to revise their understanding of body systems and key nursing concepts.
	Nursing Care Plans	22	Sample Nursing Care Plans, related to specific body systems covered in the text.		Provide students with examples of what nursing care plans might look like in real-world contexts.
ENGAGE	Learning objectives	Every chapter	Outline what students will be able to do after reading the chapter.		Introduces key chapter concepts and empowers the student to learn.
	Health Education Myth-Buster	Ch 6–22	This engagement activity asks students to challenge their preconceptions and spark curiosity about what they're going to learn.	5 mins	Encourages critical thinking about the reading and provides a space for students to interact, debate and discuss.
LEARN	Reading Activities	Every chapter	<p>This is where the core text content lives. It is an interactive e-book with integrated tools for students and instructors.</p> <p>Students can search, jump to sections, highlight, take notes, have the text read aloud, define words and more.</p>	30-60 mins	This interactive eReader serves as a foundation and reference of content for the course.

Learning path location	Activity	How many?	What is it?	Seat time	Why it matters
APPLY	Case Study Quiz	Every chapter	A case quiz that presents nursing issues in context, encouraging students to integrate and apply the concepts they have learnt in the chapter.	5-10 mins	Each case provides a person-centred scenario for students to address, with a series of chapter-specific questions that encourage them to apply their learning to the real world.
	Media Quiz	Ch 3, 5-8, 13-16, 21-22	A short video snippet from the premium Tollefson Clinical Psychomotor Skills video series, with a pair of multiple-choice questions.	3-5 mins	Students can test their knowledge and understanding of the chapter concepts by taking this short quiz.
	Nursing Care Plan	Ch 3-23	Sample Nursing Care Plans, related to the body system covered in the chapter.		Provide students with examples of what nursing care plans might look like in real-world contexts.
REVISE	Summary	Every chapter	Recaps key chapter material, linking the key messages back to the Learning Objectives		Strengthens students understanding of key chapter concepts.
	Revision Quiz	Every chapter	Interactive quizzes covering all chapter concepts are applied to nursing scenarios and are automatically graded.	10 minutes	Checks students' understanding of, and ability to remember, key concepts from the chapter reading. Offers students instant feedback and directs students to sections to re-read when they answer incorrectly.

MindTap Table of Contents

Estes' *Health Assessment and Physical Examination*, 3rd edition

Pauline Calleja, Karen Theobald, Theresa Harvey, Mary Ellen Zator Estes

Topic/Chapter	Suggested digital activities for homework and/or assessment
Chapter 1 <i>Critical thinking and the nursing process</i>	Readings, quizzes and other learning path features as per 'MindTap Learning Path'
Chapter 2 <i>The patient interview and developmental considerations</i>	Readings, quizzes and other learning path features as per 'MindTap Learning Path'
Chapter 3 <i>The complete health history including documentation</i>	Media Quiz 3: Documentation Nursing Care Plan 3.1: The Well Patient Seeking Immunisations Prior to International Travel Nursing Care Plan 3.2: The Ill Patient with Low Back Pain and History of Verbal and Physical Abuse
Chapter 4 <i>Cultural and spiritual assessment</i>	Nursing Care Plan 4.1: An Asian–Australian with Cardiovascular Disease
Chapter 5 <i>Physical assessment techniques</i>	Media Quiz 5: Physical assessment Nursing Care Plan 5.2: Religious Beliefs Can Lead to Medical Conflict
Chapter 6 <i>Examination requirements for every patient</i>	Health Education Myth-Buster 6: Sarah's pain perception Media Quiz: Monitoring pulse oximetry
Chapter 7 <i>Mental status and neurological techniques</i>	Health Education Myth-Buster 7: Exploring Bill's mental status Media Quiz 7: Mental status assessment Nursing Care Plan 7.1: The Patient with a Potential Stroke
Chapter 8 <i>Skin, hair, and nails</i>	Health Education Myth-Buster 8: Betty's burn Media Quiz 8: Dry dressing technique Nursing Care Plan 8.1: The Patient with Herpes Zoster
Chapter 9 <i>Head, neck, and regional lymph nodes</i>	Health Education Myth-Buster 9: Emily's head injury Nursing Care Plan 9.1: The Patient with Thyrotoxicosis
Chapter 10 <i>Eyes</i>	Health Education Myth-Buster 10: Gloria's concerns about her vision Nursing Care Plan 10.1: The Patient with Bacterial Conjunctivitis
Chapter 11 <i>Ears, nose, mouth and throat</i>	Health Education Myth-Buster 11: Tom's oral health Nursing Care Plan 11.1: The Patient with Acute Rhinosinusitis
Chapter 12 <i>Breast and regional nodes</i>	Health Education Myth-Buster 12: Lillian's breast awareness Nursing Care Plan 12.1: The Patient with Erythematous Changes to the Right Breast
Chapter 13 <i>Thorax and lungs</i>	Health Education Myth-Buster 13: Peter's asthma Media Quiz 13: Focused respiratory health history assessment and physical assessment Nursing Care Plan 13.1: The Patient with Asthma

Topic/Chapter	Suggested digital activities for homework and/or assessment
Chapter 14 <i>Heart and blood vessels</i>	Health Education Myth-Buster 14: Mario's heart health Media Quiz 14: Focused cardiovascular health history and physical assessment Nursing Care Plan 14.1: The Diabetic Patient with Hypertension
Chapter 15 <i>Abdomen and nutrition</i>	Health Education Myth-Buster 15: Jenny's incontinence Media Quiz 15: Focused gastrointestinal health history and abdominal physical assessment Nursing Care Plan 15.1: The Patient with Metabolic Syndrome Nursing Care Plan 15.2: The Patient with Diverticulitis
Chapter 16 <i>Musculoskeletal system</i>	Health Education Myth-Buster 16: Gloria's wrist pain Media Quiz 16: Neurovascular observations Nursing Care Plan 16.1: The Patient with Musculoskeletal Trauma
Chapter 17 <i>Female genitalia</i>	Health Education Myth-Buster 17: Sarah's cystitis Nursing Care Plan 17.1: The Patient with Uterine Fibroids
Chapter 18 <i>Male genitalia</i>	Health Education Myth-Buster 18: Emily's assessment technique Nursing Care Plan 18.1: The Patient with Epididymitis Caused by Chlamydia Trachomatis
Chapter 19 <i>Anus, rectum and prostate</i>	Health Education Myth-Buster 19: Tom's risk for prostate cancer Nursing Care Plan 19.1: The HIV-Positive Patient with Rectal Bleeding
Chapter 20 <i>The pregnant woman</i>	Health Education Myth-Buster 20: Advice to Talia about natural birth options Nursing Care Plan 20.1: The Pregnant Patient, 37 years old, SWF
Chapter 21 <i>The paediatric patient</i>	Health Education Myth-Buster 21: Tim's experience of pain Media Quiz: Pain assessment Nursing Care Plan 21.1: The Paediatric Patient with Accidental Ingestion of Kerosene
Chapter 22 <i>The older adult</i>	Health Education Myth-Buster 22: Karen's mobility concerns Media Quiz 22: Mental status assessment Nursing Care Plan 22.1: The Older Adult with Leg Pain and Cognitive Impairment
Chapter 23 <i>Health assessment and physical examination in context</i>	Nursing Care Plan 23.1: The Patient with Multisystem Problems